


1

Hamstring Stretch



- Sit on the ground with both legs straight out in front of you.
- Bend the left leg and place the sole of the left foot alongside the knee of the right leg.
- Allow the left leg to lie relaxed on the ground.
- Bend forward, keeping the back straight.
- You will feel the stretch in the hamstring of the right leg.
- Hold the stretch for 10 seconds.
- Repeat with the other leg.

30 Seconds

2

Hip and Thigh Stretch

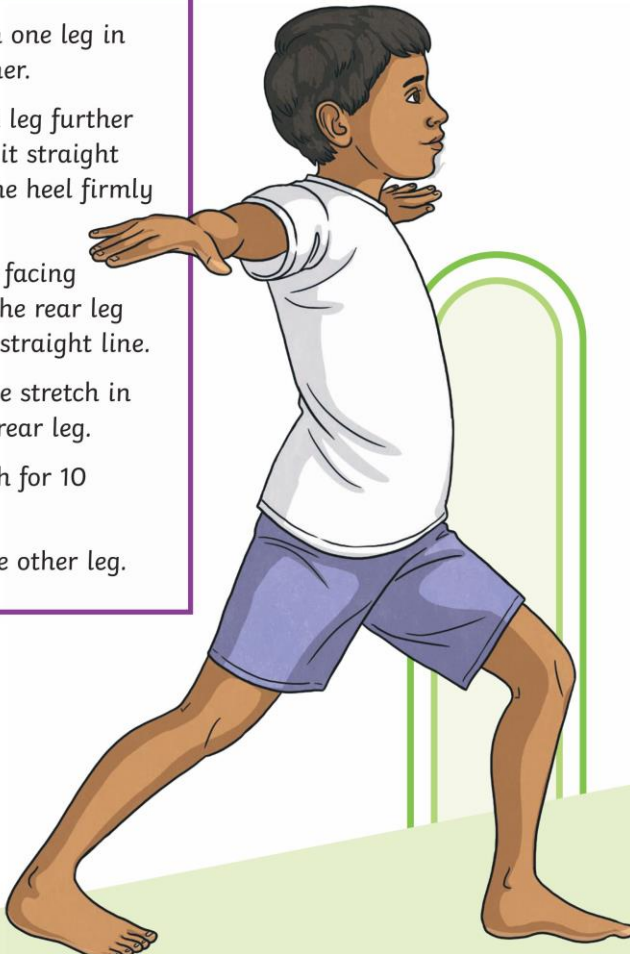


- Stand tall, with your feet approximately two shoulder widths apart.
- Turn the feet and face to the right.
- Bend the right leg so that the right thigh is parallel to the ground and the right lower leg is vertical.
- Gradually lower the body.
- Keep your back straight and use the arms to balance.
- You will feel the stretch along the front of the left thigh and along the hamstrings of the right leg.
- Hold the stretch for 10 seconds.
- Repeat by turning and facing to the left.

30 Seconds

3

Calf Stretch

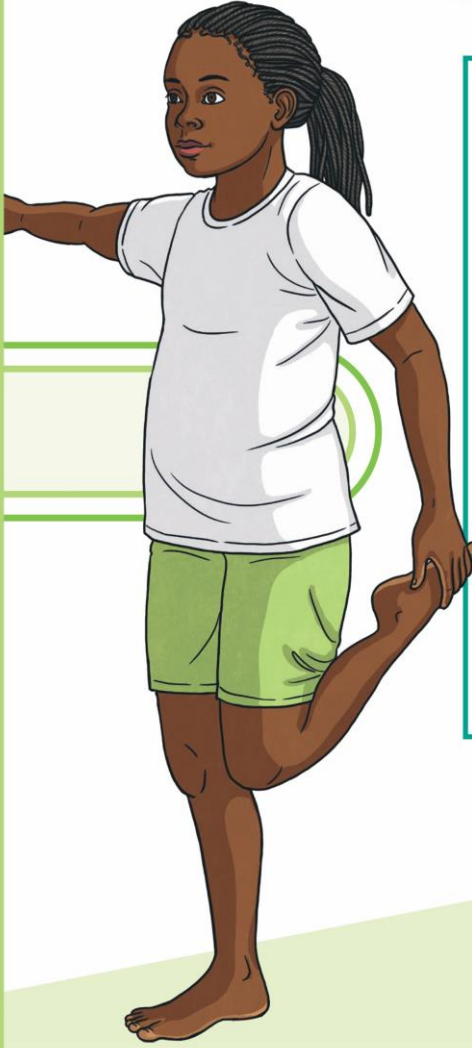


- Stand tall with one leg in front of the other.
- Ease your back leg further away, keeping it straight and pressing the heel firmly into the floor.
- Keep your hips facing forwards and the rear leg and spine in a straight line.
- You will feel the stretch in the calf of the rear leg.
- Hold the stretch for 10 seconds.
- Repeat with the other leg.

30 Seconds

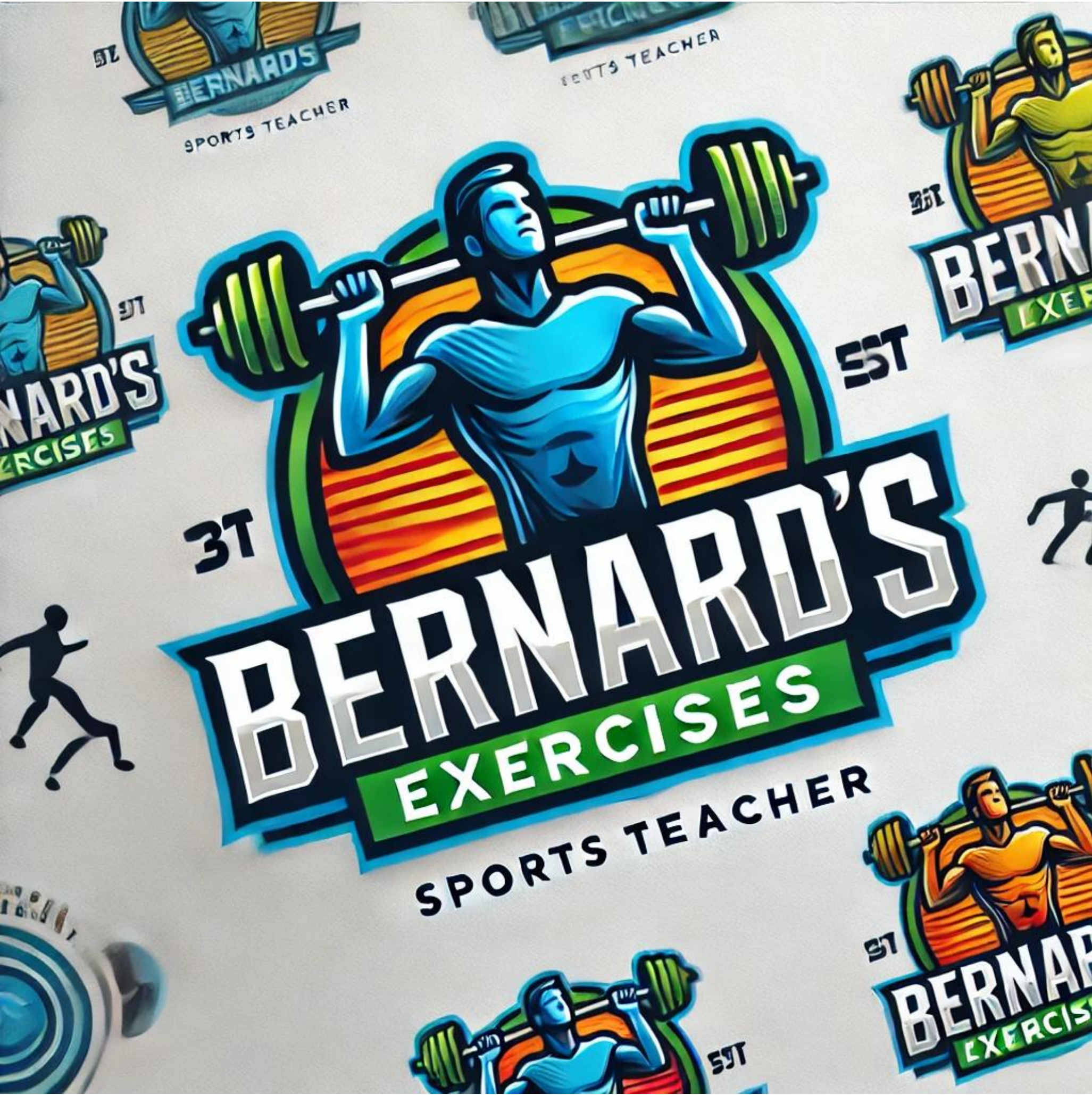
4

Quadriceps Stretch



- Stand with your feet shoulder width apart and bring your left foot up towards your bottom.
- Take hold of the left ankle with the left hand and ease the foot closer to your bottom.
- Your right arm should be extended out to the side for balance.
- Hold the stretch for 10 seconds.
- Repeat with the right leg.
- You will feel the stretch along the front of the thigh.

30 Seconds



SITTING STAND UP & BACK TO BACK STAND UP

SETUP

- Divide players into partners.

SITTING STAND UP MOVEMENT

- Start by sitting and facing each other with feet in alternating positions.
- Players grasp partner's hands.
- Count to three and pull each other up to a standing position.
- Count to three again and squat down sitting back into starting position.
- Repeat 5 times and switch partners.

①

②

BACK TO BACK STAND UP MOVEMENT

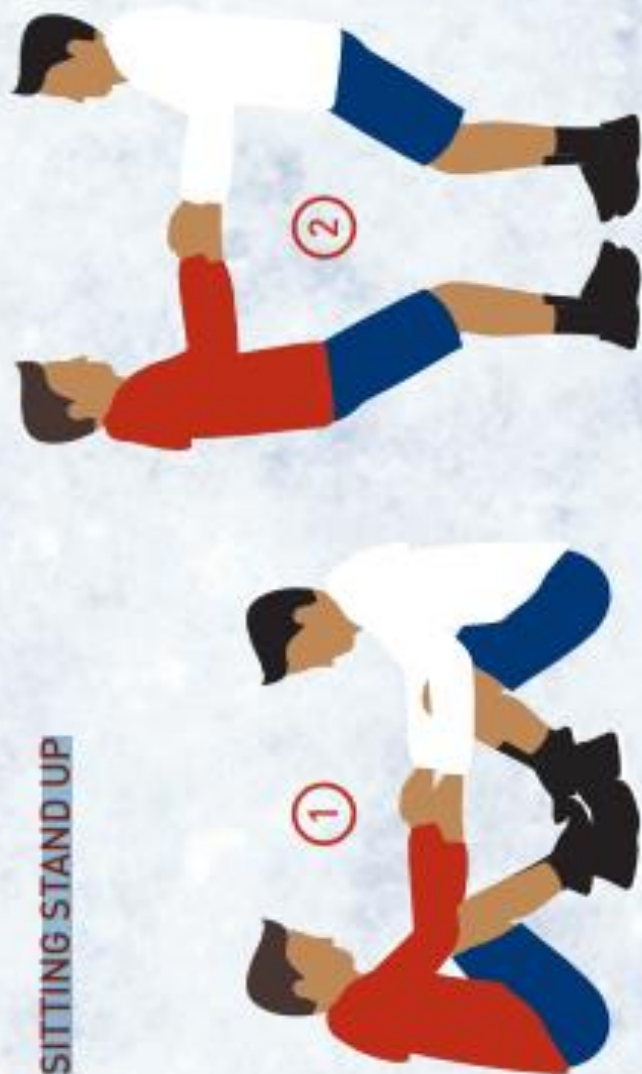
- Start sitting back to back.
- Players interlock arms.
- Count to three.
- Stand up pushing through the legs and pushing into partner.
- Count to three.
- Push against partner to return to sitting position.
- Repeat 5 times and switch partners.

①

②

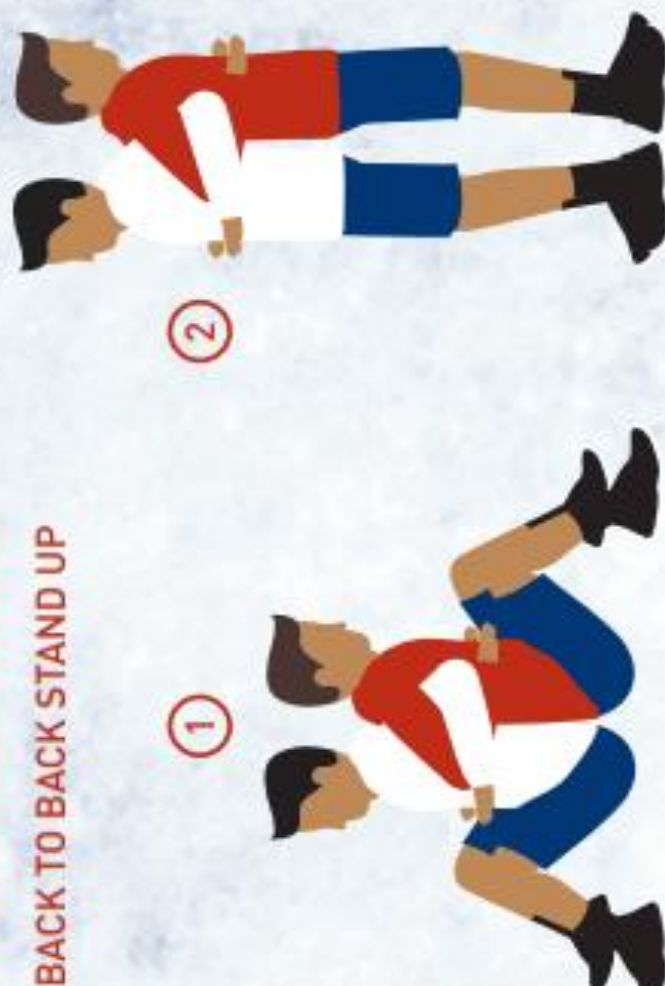
SITTING STAND UP & BACK TO BACK STAND UP

SITTING STAND UP



①

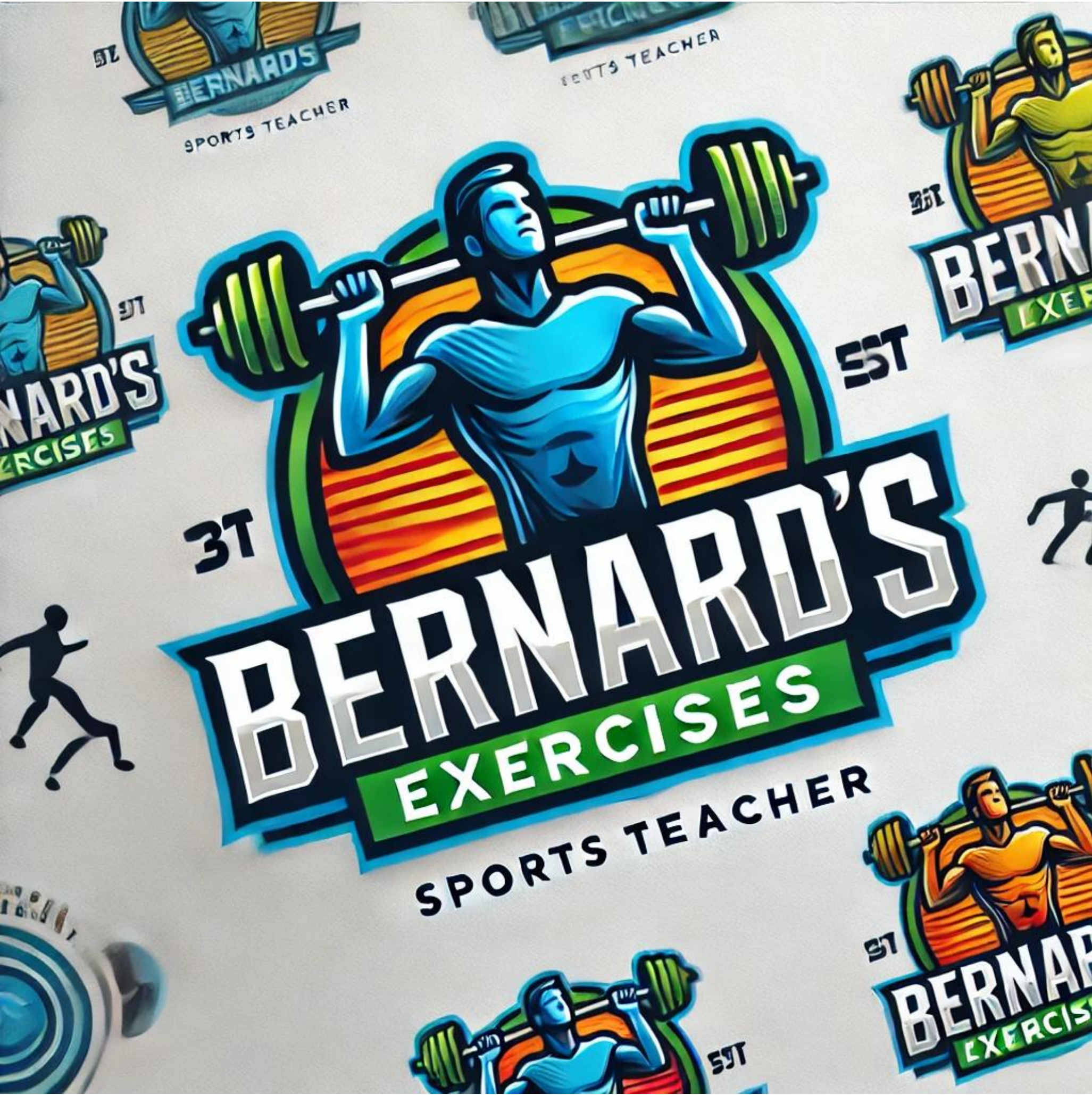
BACK TO BACK STAND UP



①



②



PLANK



X2



60 seconds

HIGH KNEES



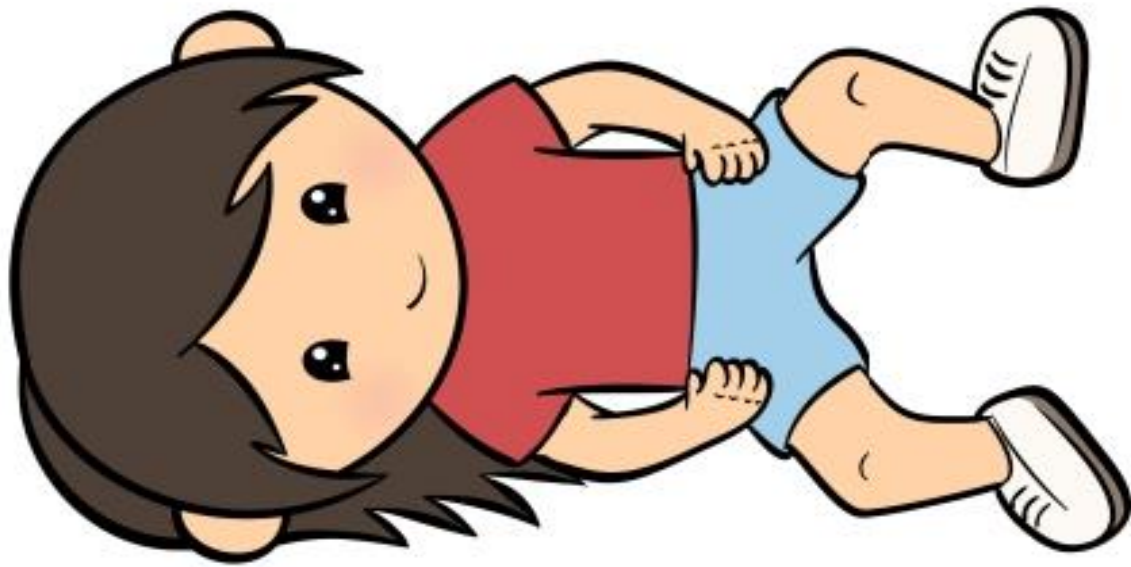
X2



60 seconds



SQUATS

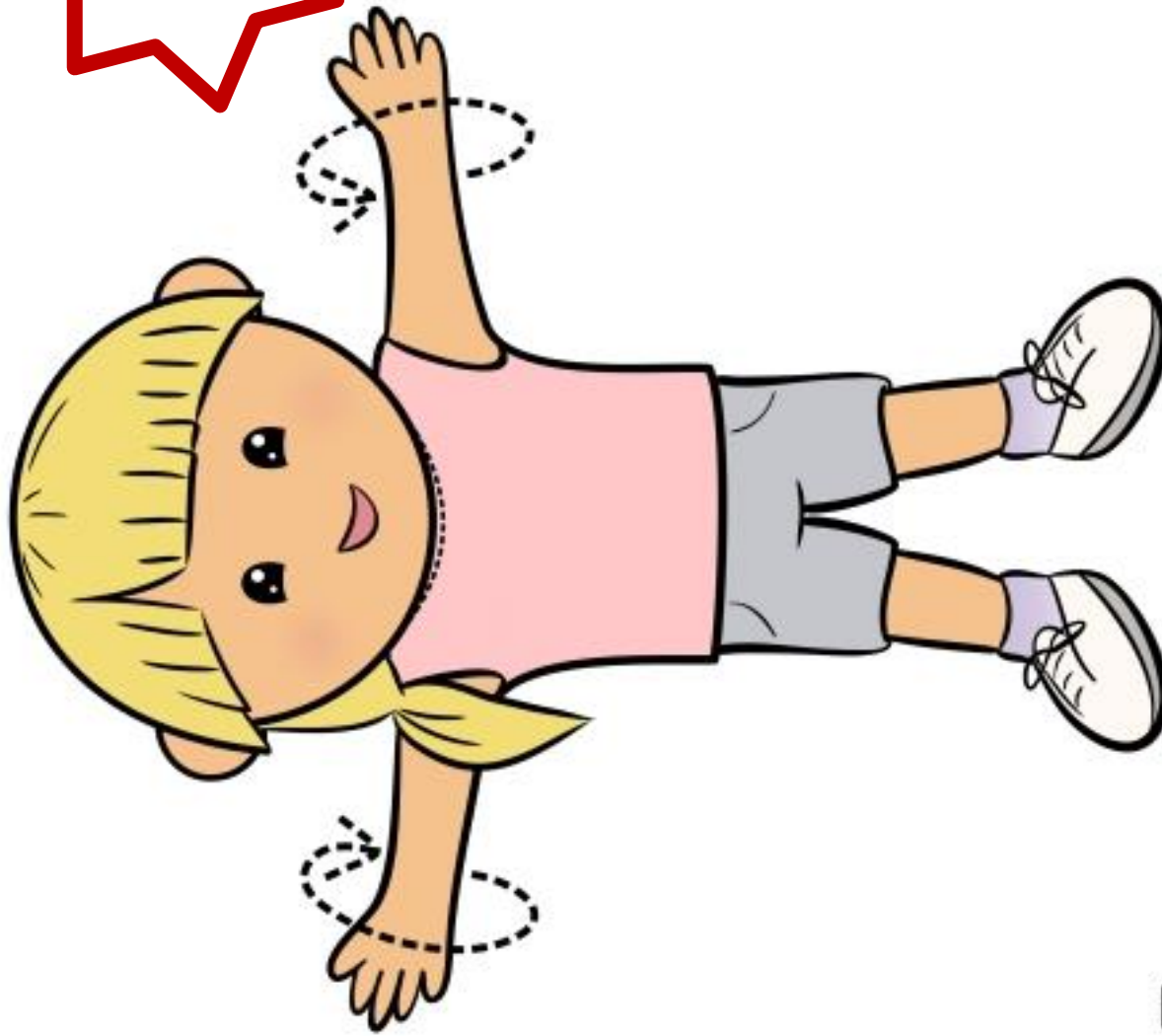


X2



60 seconds

ARM CIRCLES





X2




60 seconds



JUMP ROPE





60 seconds


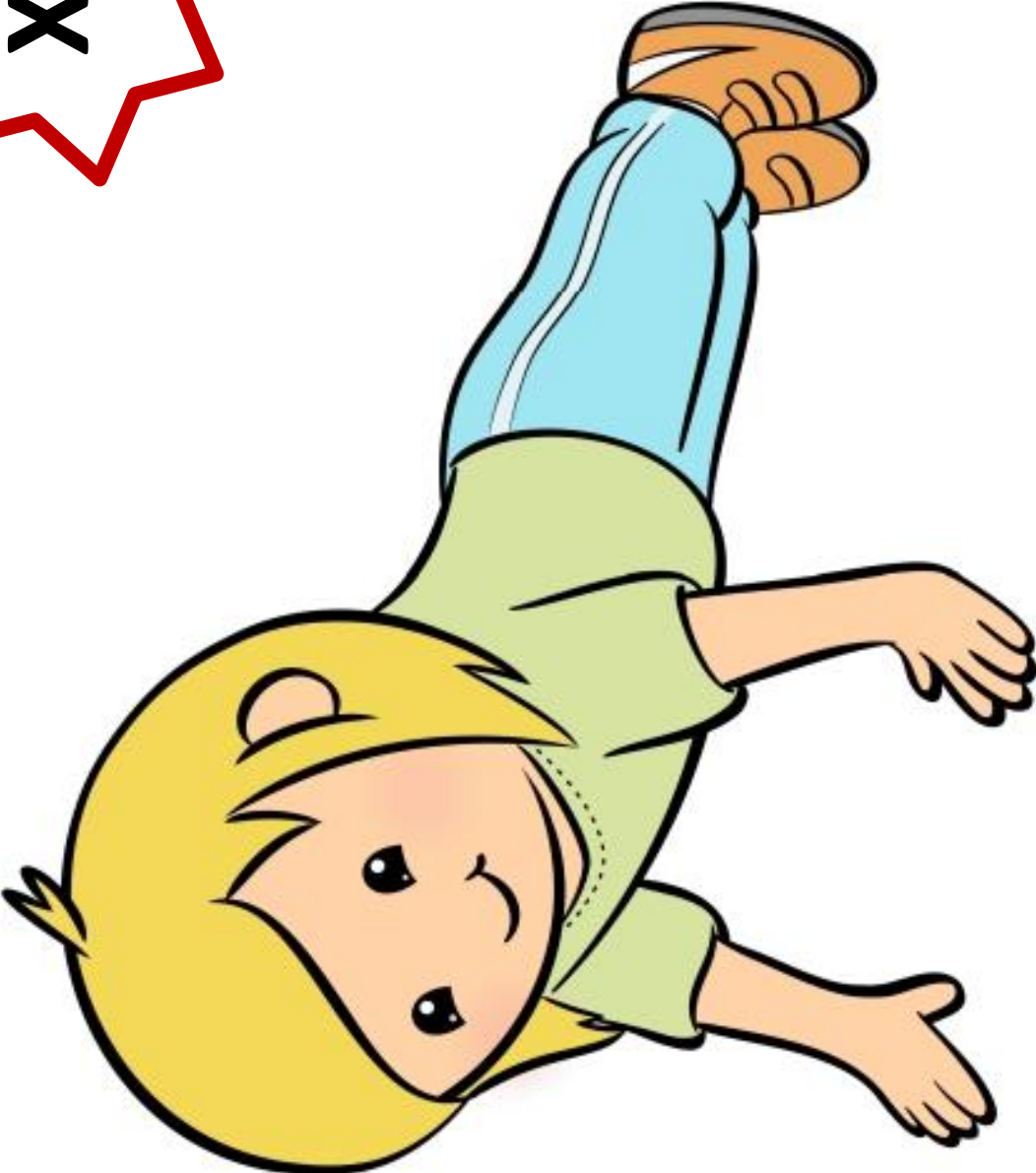
STRADDLE






60 seconds





PUSH-UPS



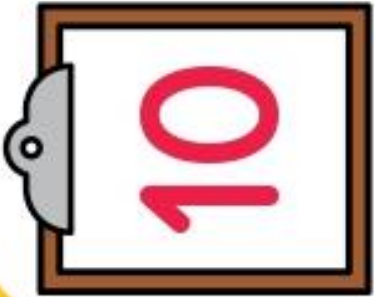


BUTTERFLY


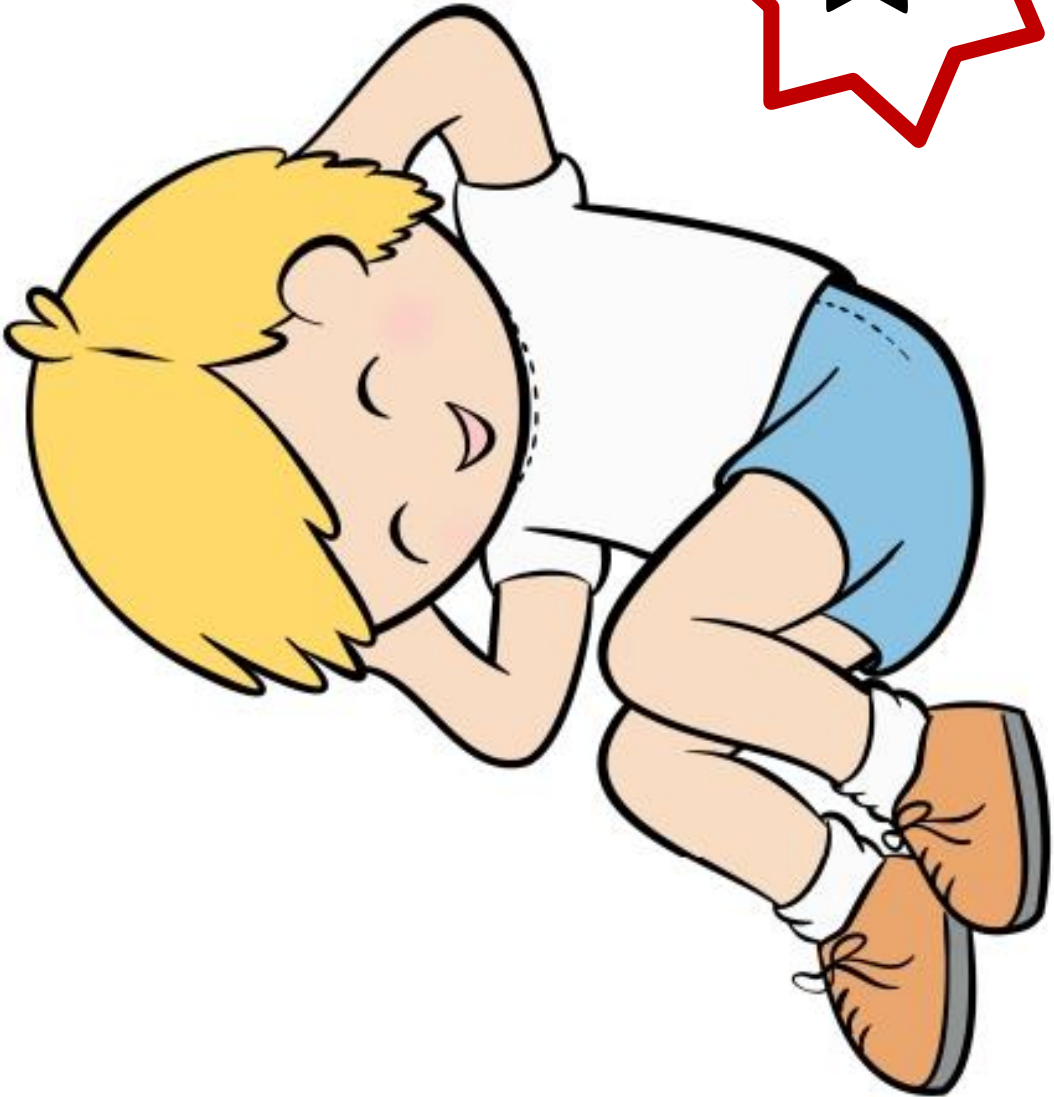


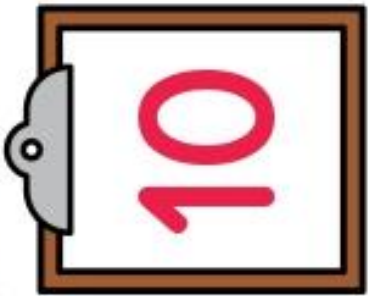
60 seconds







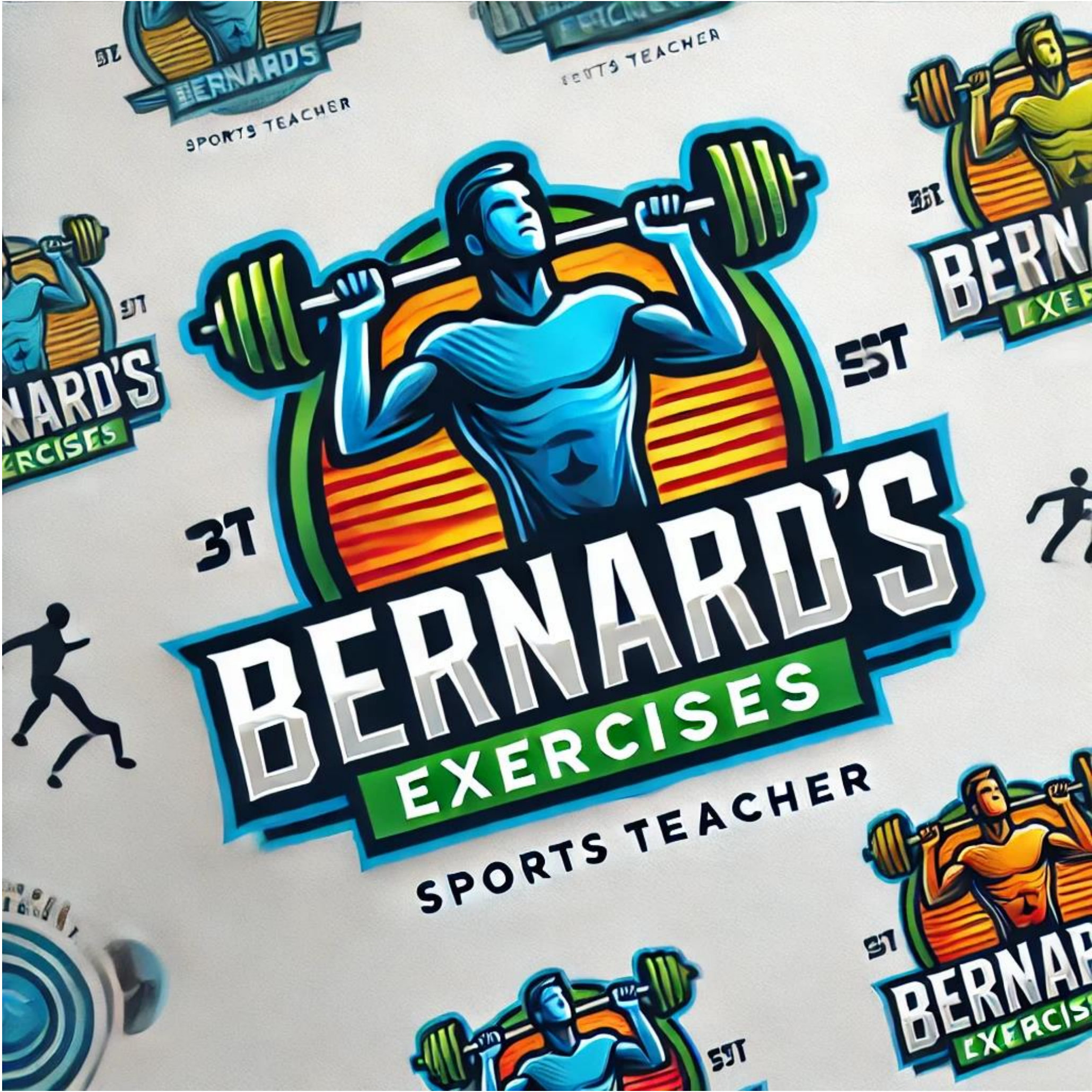
SIT-UPS





STAR JUMPS





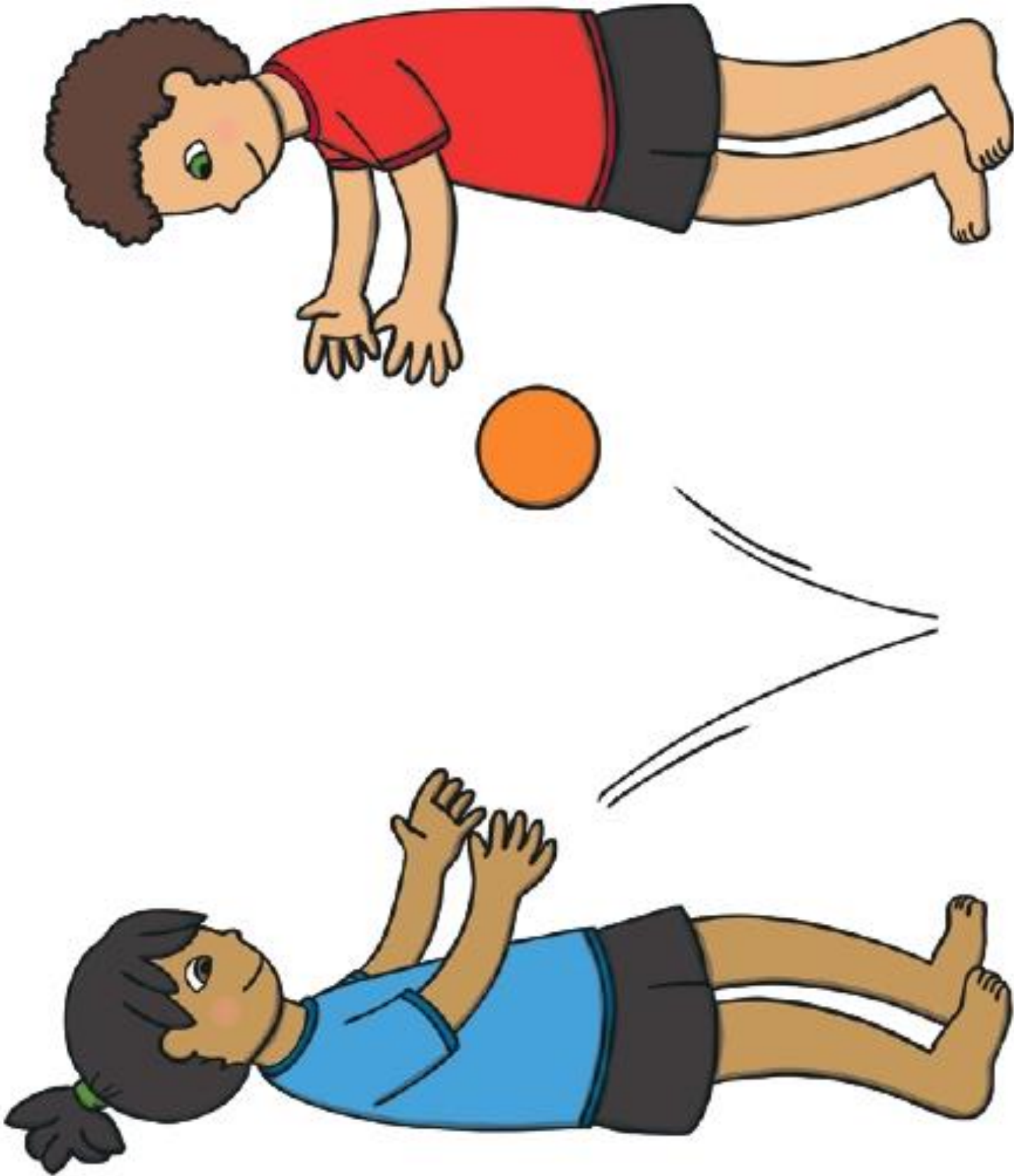


X60

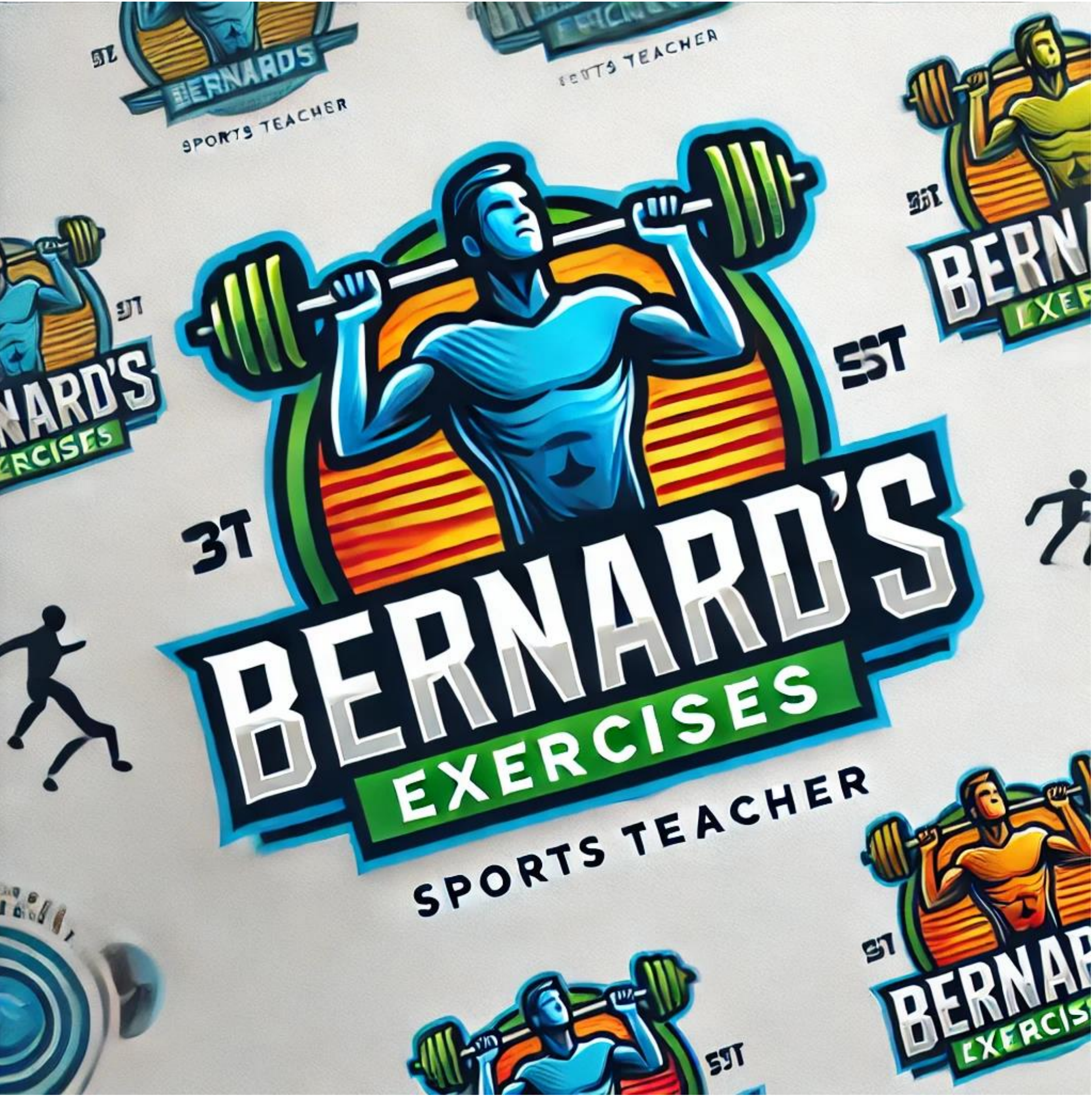
**Throw and catch a ball
with a friend.**

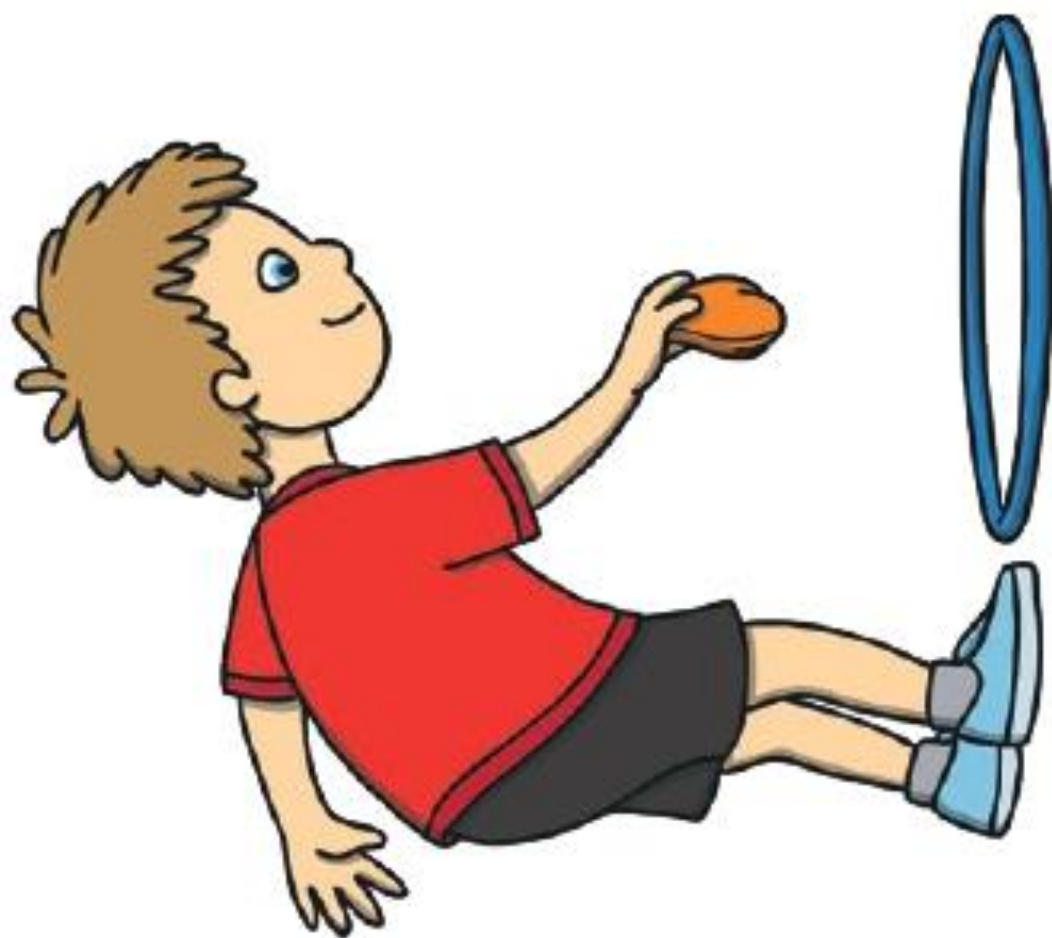


X60



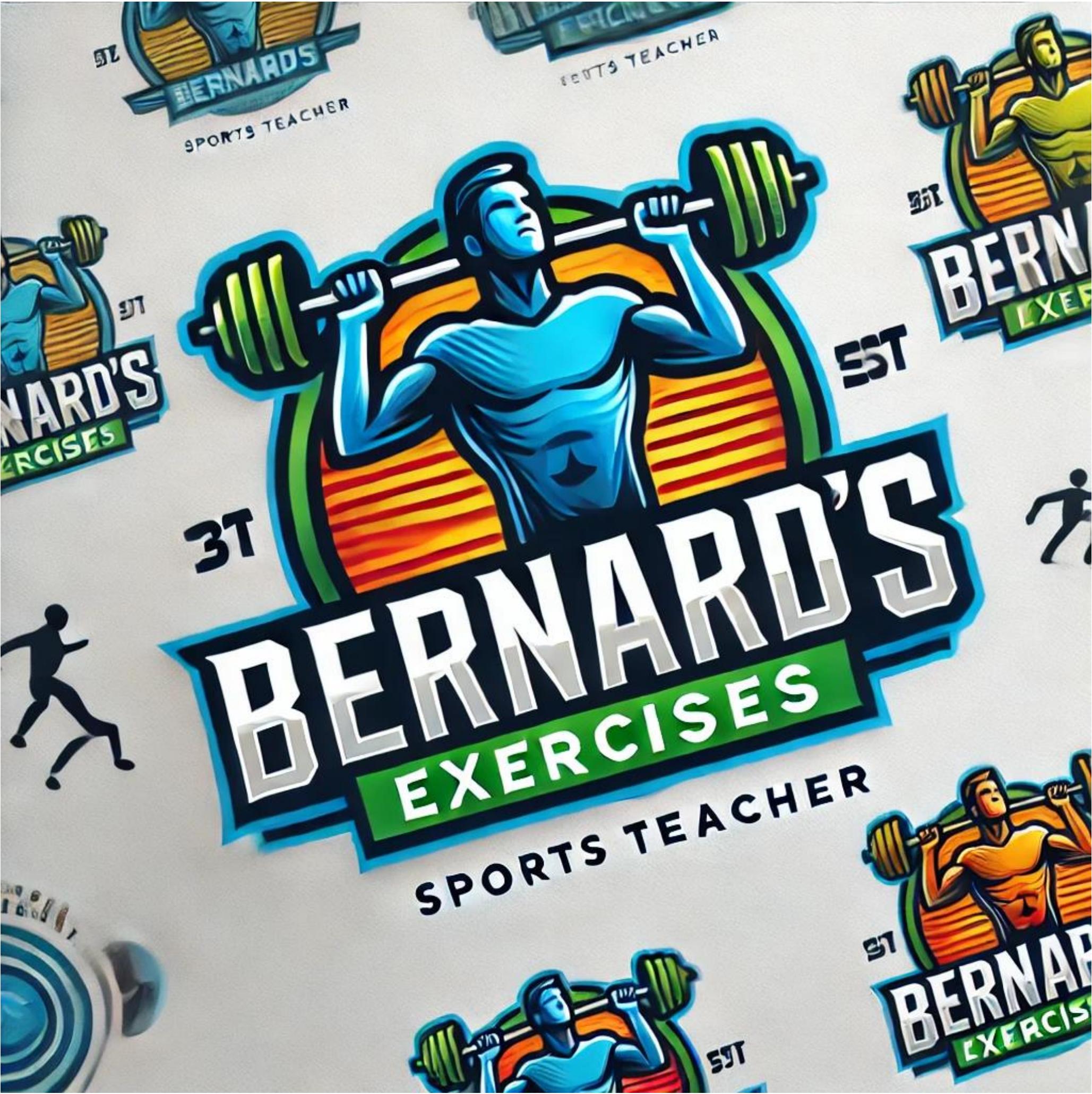
Bounce a ball to a friend.



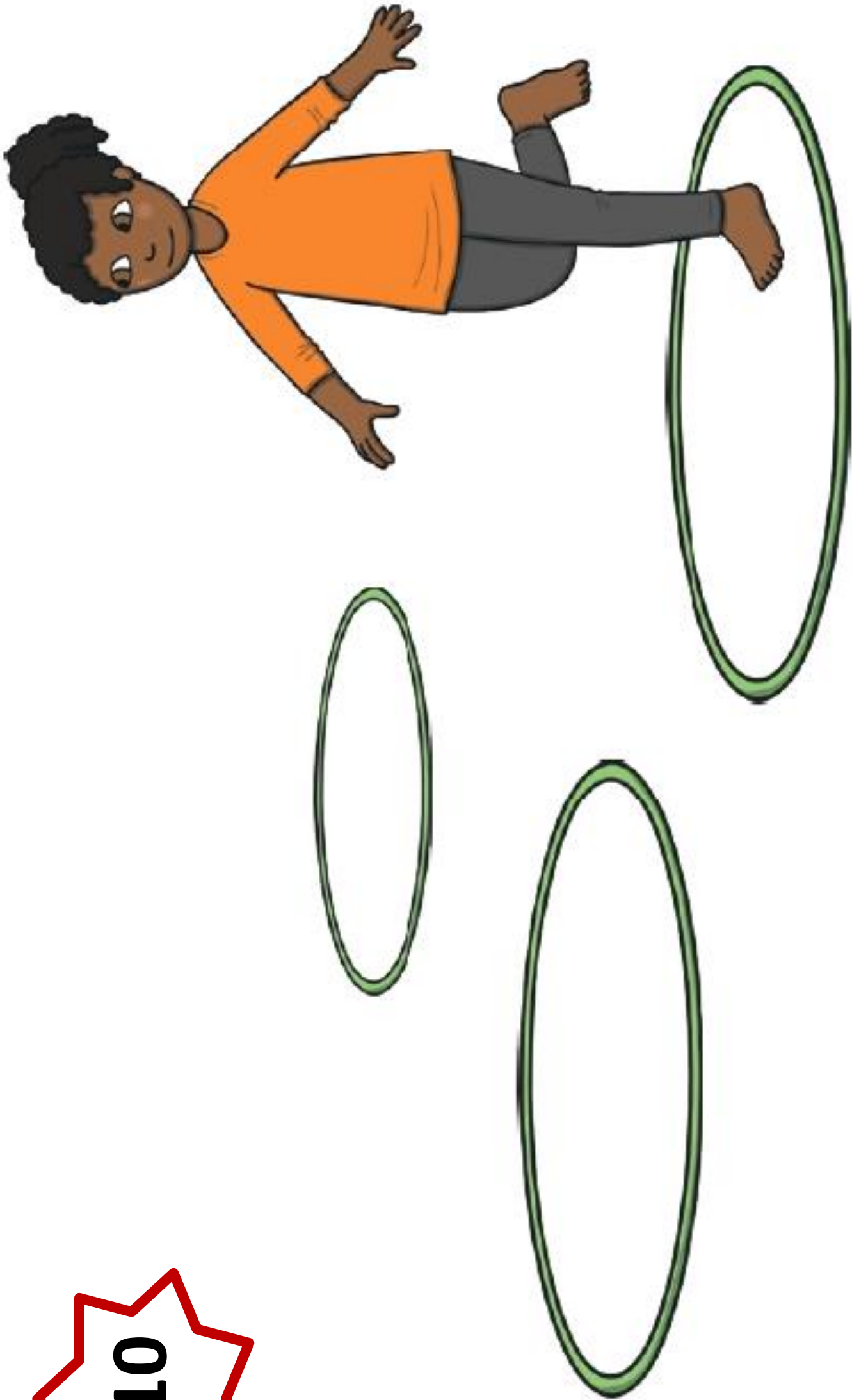


X6

Throw **10** beanbags
into the hoop.



X10



Jump between the hoops.



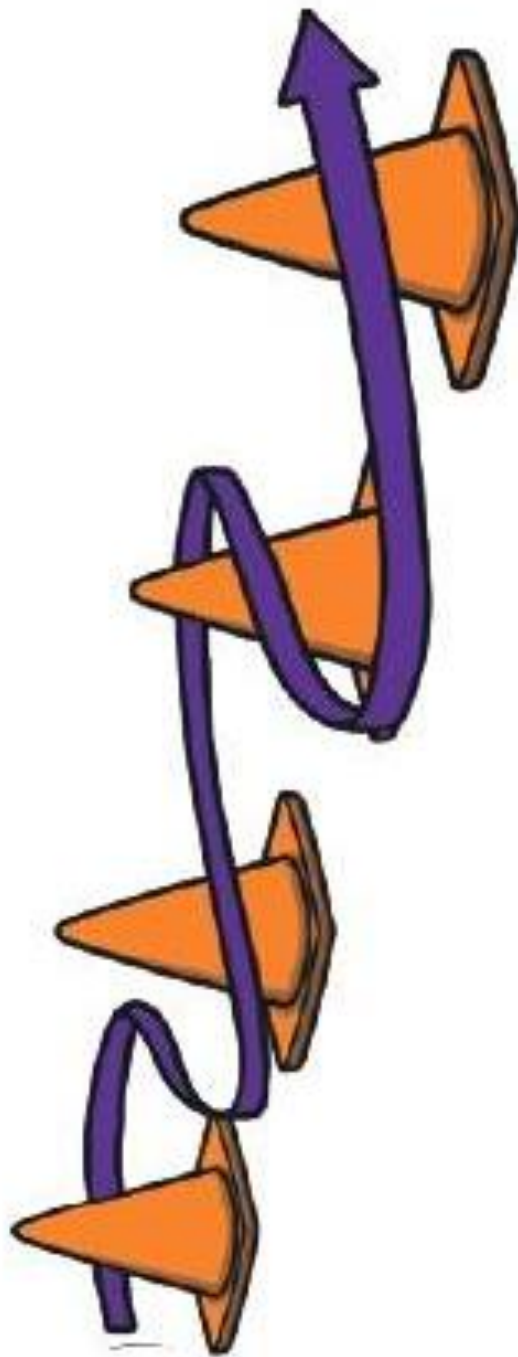


Run between the cones
10 times.

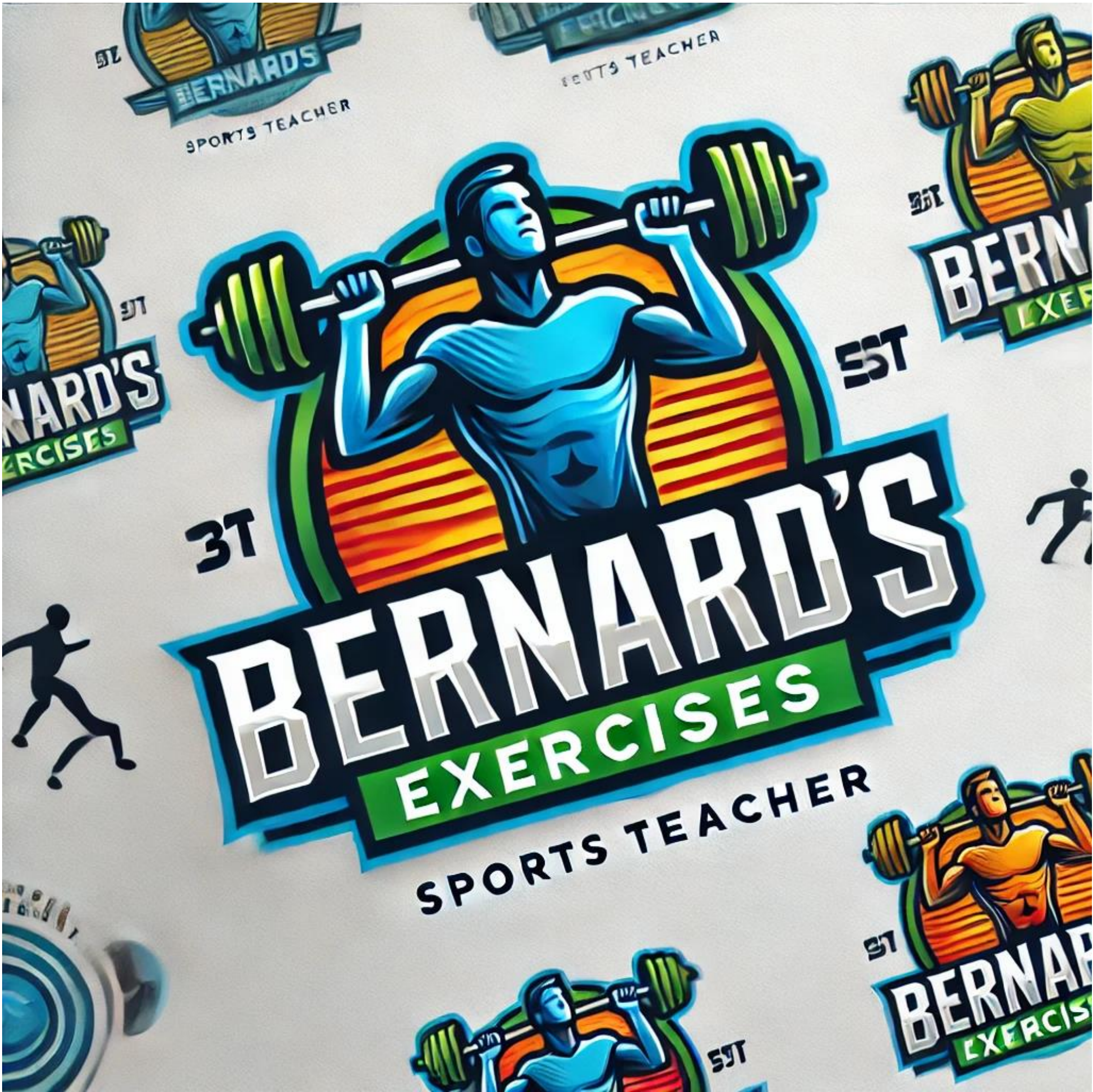




X5



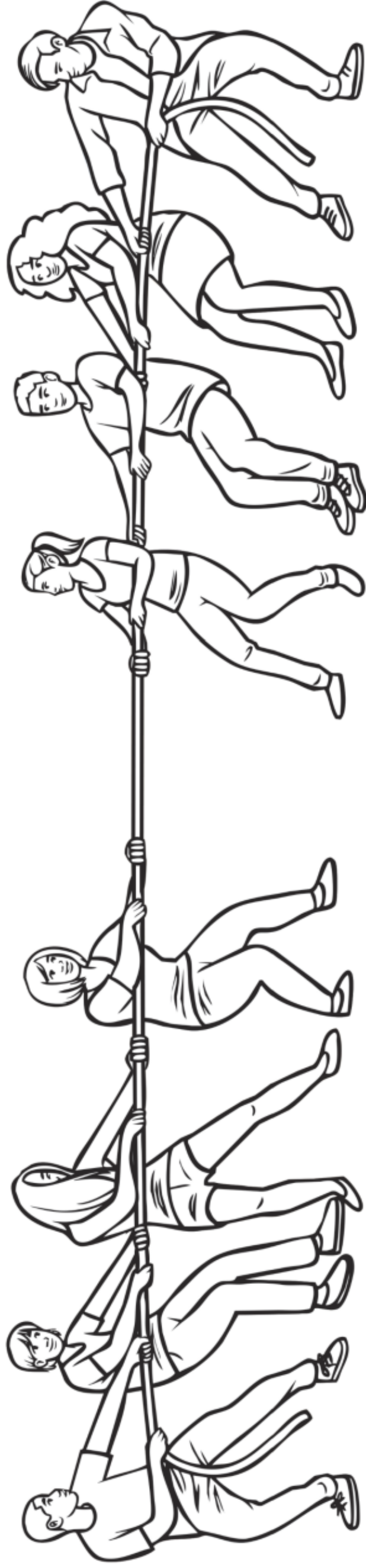
**Dribble the ball around
the cones.**

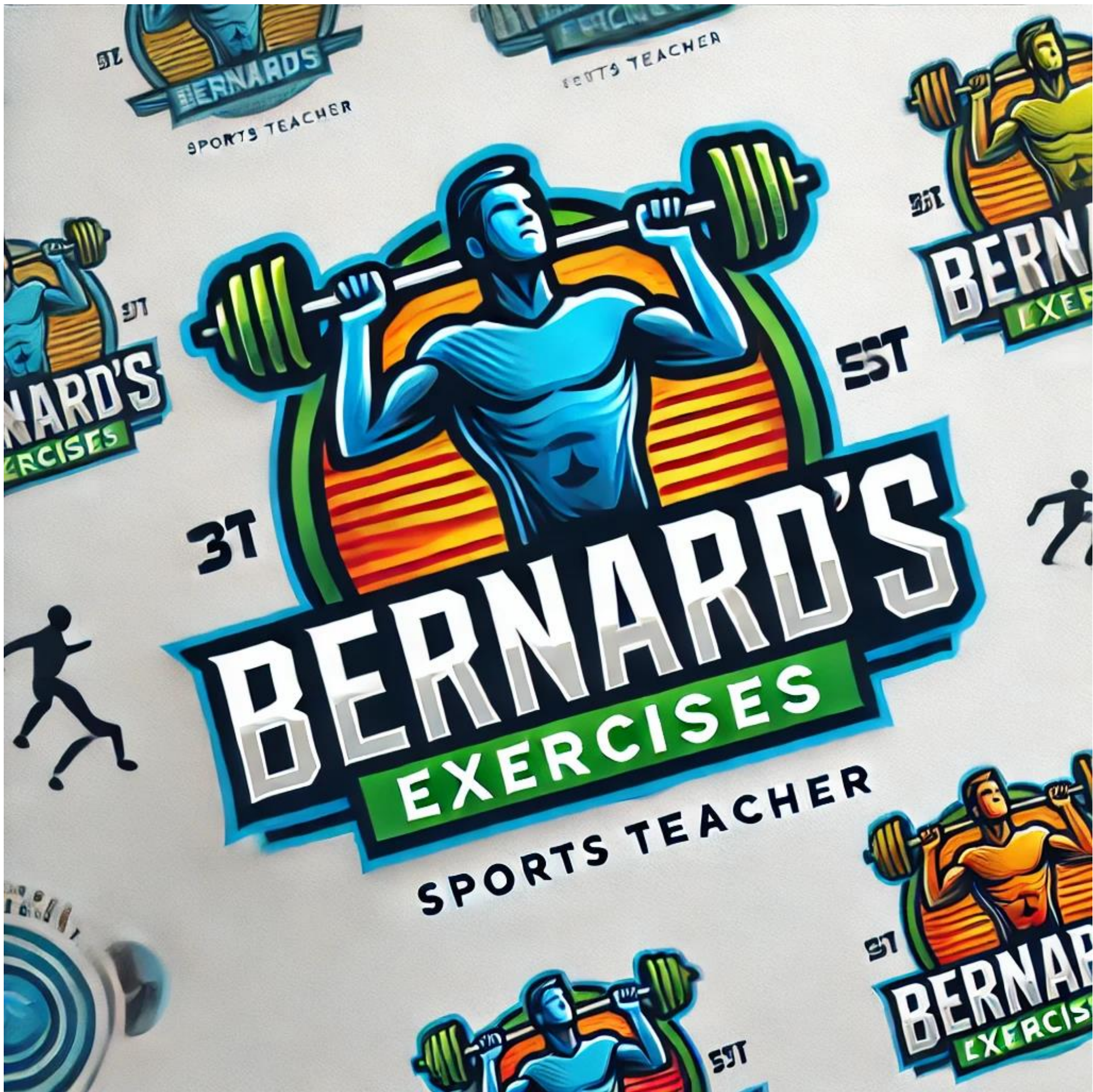


TUG OF WAR

1. Devide into 2 teams.
2. The first team to pull, a person over the line is the winner.
3. Now compete individually, one person vs one person.

If someone falls over, stop immediatel. Do not drag them along the floor.

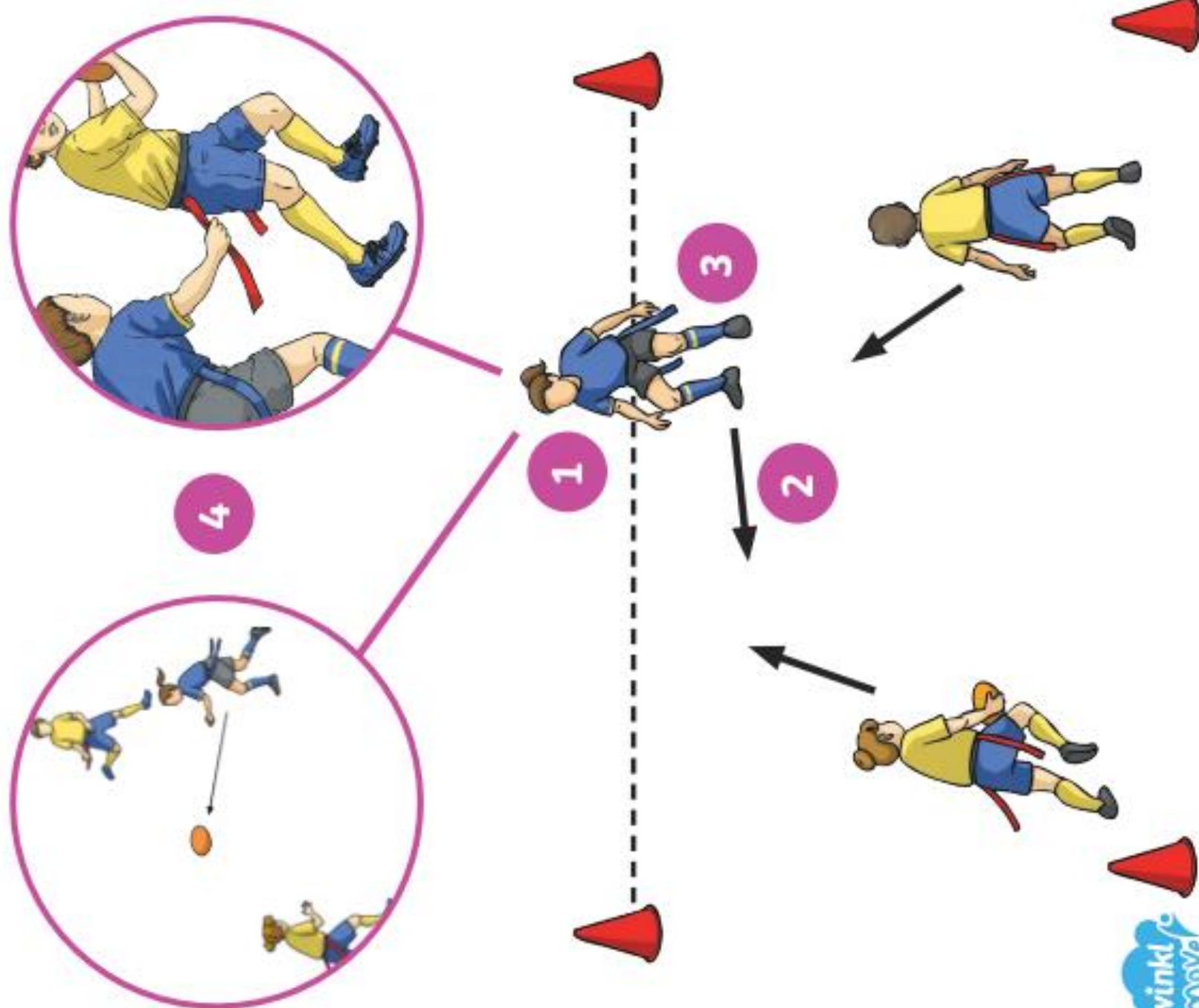




Skill

Making Tactical Decisions (Defender)

Attackers and defenders constantly make decisions about the best action to take, based on the situation.



Technique

Two versus one scenario

- 1 Keep your head up and watch the attackers closely. Try to predict whether the attacker is going to pass or sidestep, by looking for clues in their body positioning.
- 2 Move towards the player with the ball, while remaining between both attackers.
- 3 Be ready to move by keeping your knees bent and staying on the balls of your feet.
- 4 Decide whether to move in to tag the player with the ball, or to intercept a pass.

Skills Practice

Wearing tag rugby belts with tags, arrange yourselves in a playing area of 5m by 5m.

- The aim for the defender is to prevent a try from being scored, by either tagging or intercepting the ball.
- The defender starts at the try line, opposite the attackers.
- The defender can move towards the attackers as soon as the ball is in play.
- If either a player is tagged, the ball is intercepted, or a try is scored, return to your starting positions to try again.

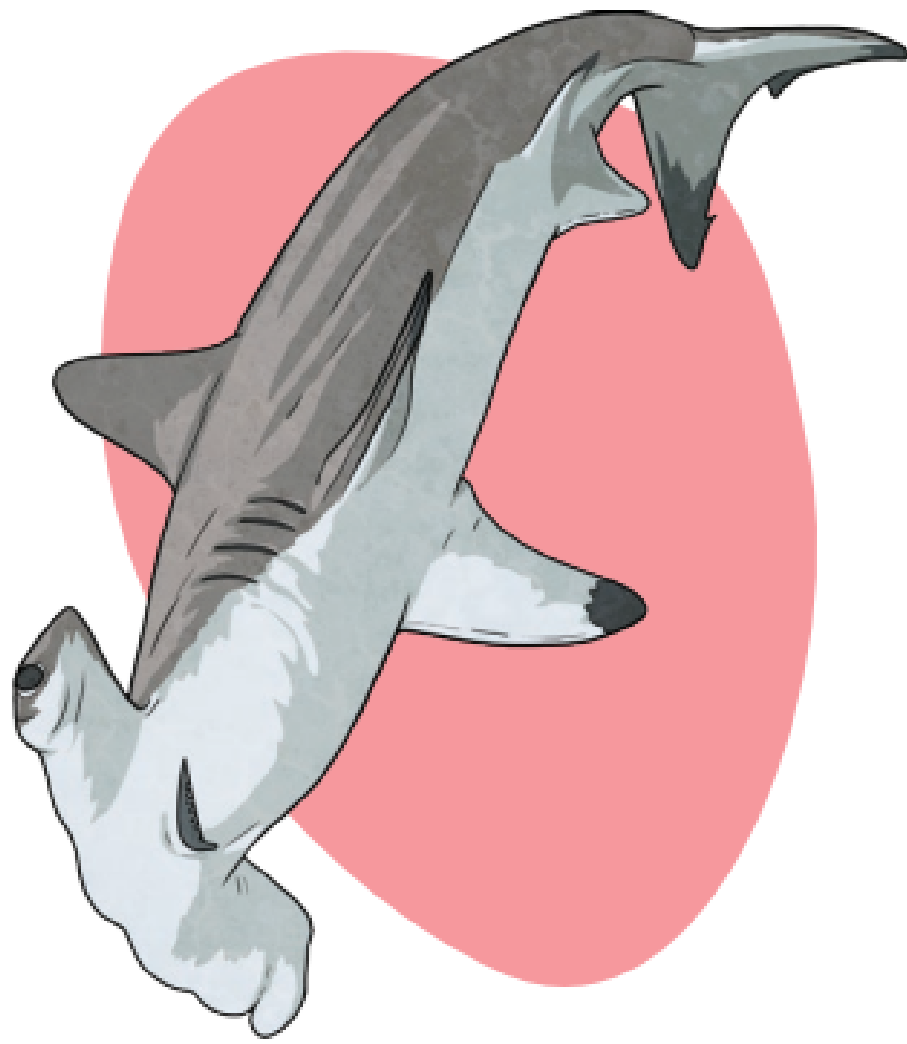


5 Shark Attack

10-Minute Activities

For this activity, place several mats on the floor – these will be the ‘dry land’, acting as the safe areas during this activity. You will need to decide the maximum number of children allowed on a mat.

Children imagine that they are swimming around the sea. When they hear the teacher call out “Shark Attack!”, all the children need to swim to safety and stand on dry land on one of the mats. The last child, or any children unable to find a mat in time, becomes a shark. Children on the land then go back in the sea (playing area) and swim and the game repeats. A mat is removed in each round to make it more difficult to find a space on dry land and all children have been caught.



Equipment:

Gymnastics mats

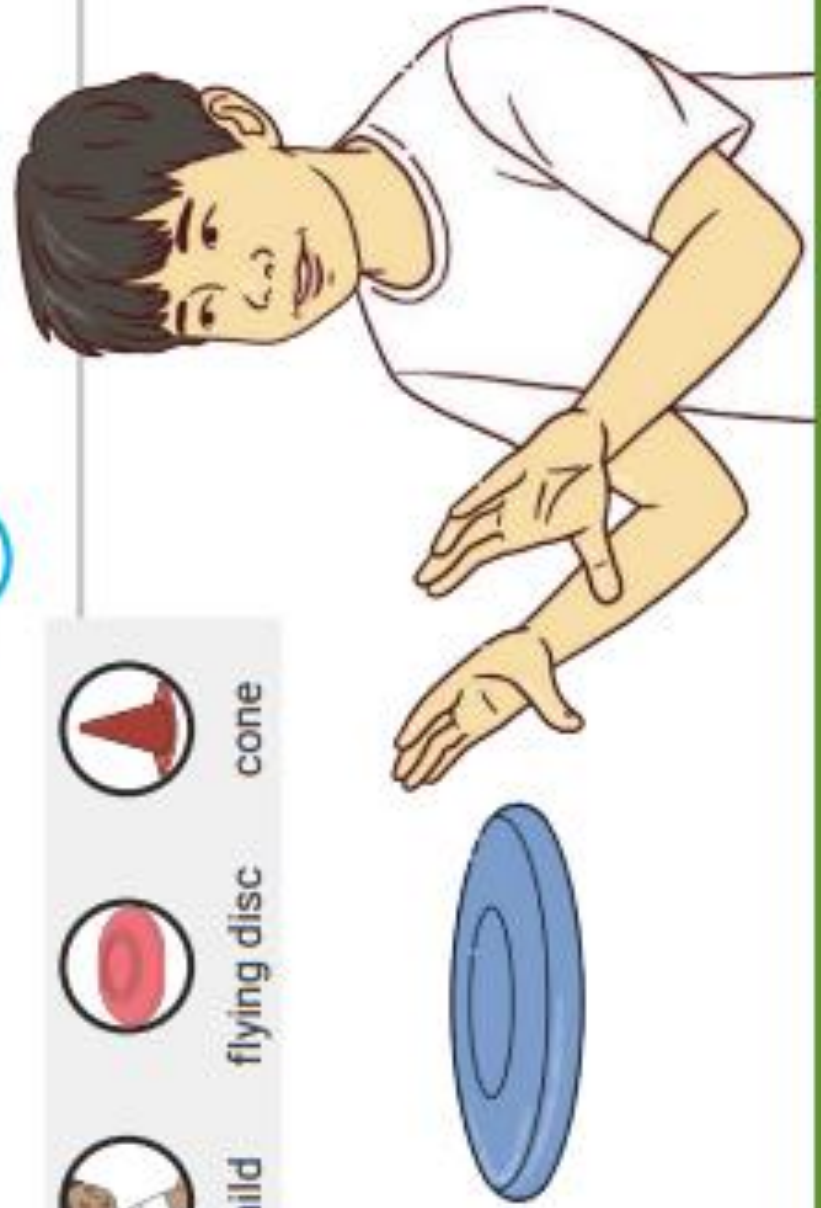
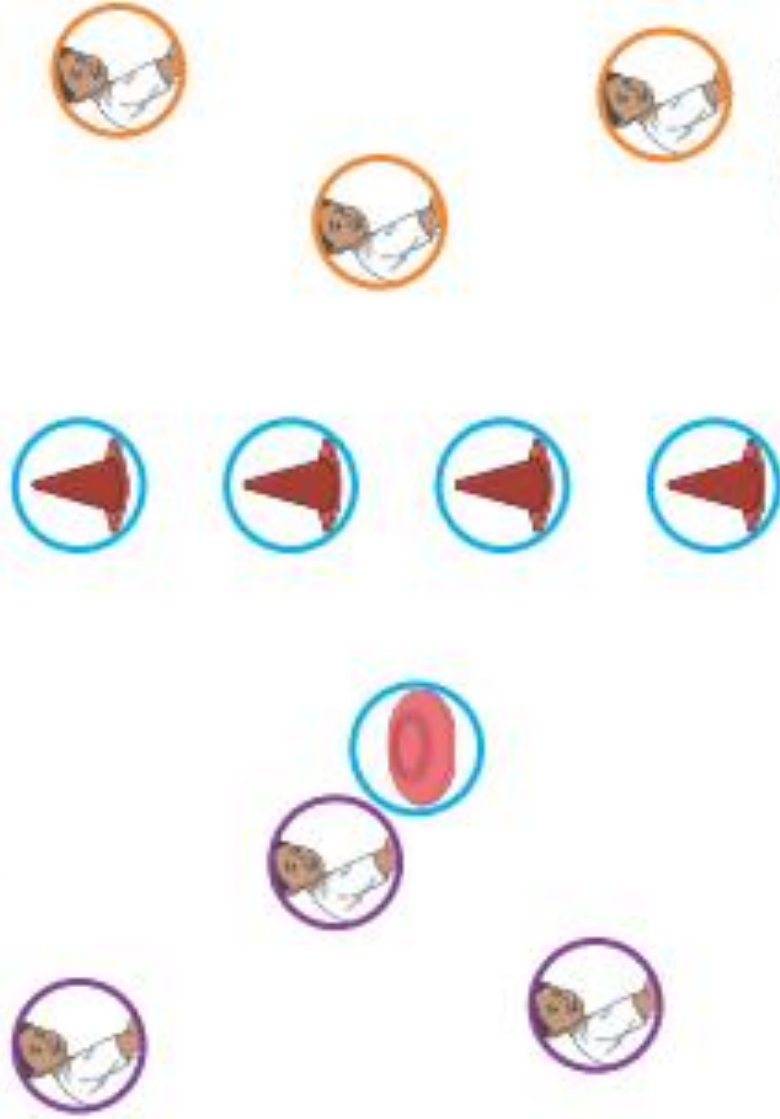


Volleydisc

- Organise the group into teams of approximately three versus three and set up each playing area as shown, using cones (or similar) to demarcate a net.
- The teams stand on either side of the net and spread themselves out to cover the space.
- The aim of the game is to throw a disc over the net and into the opposition's playing area so that it cannot be caught.
- Teams are allowed up to three passes before they must throw the disc over the net.
- Players are not allowed to move with the disc.
- The disc must travel above knee-height over the net.
- A point is scored every time the disc lands on the floor within the playing area.
- The other team scores a point if it lands outside the playing area.

Equipment:
flying discs

6+ players
10+ mins

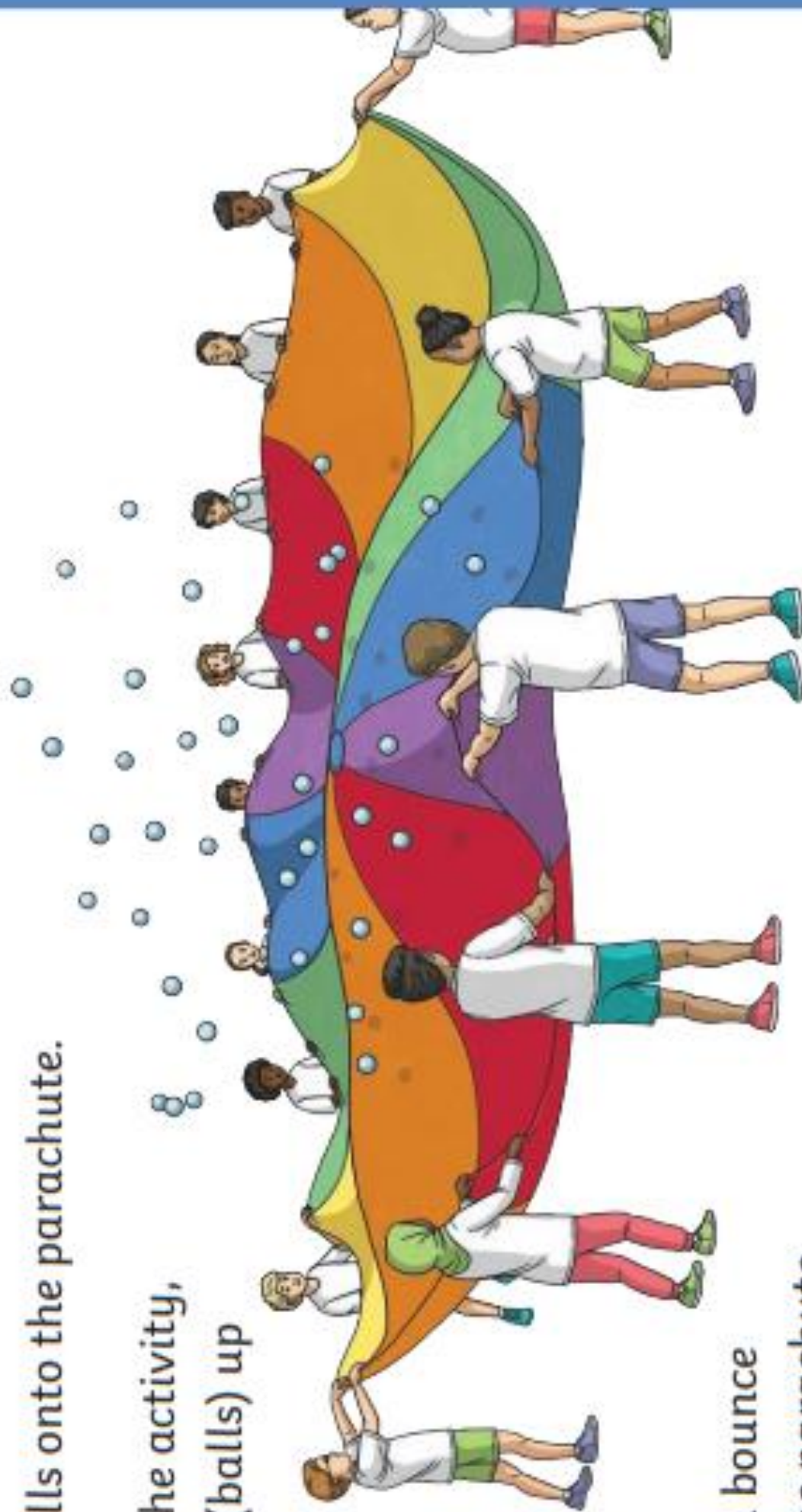




Popcorn

Cooperation

- 1 Start with the parachute at hip height and stretched out.
- 2 Throw lots of soft balls onto the parachute.
- 3 For the first part of the activity, bounce the popcorn (balls) up and down on the parachute but don't let them bounce off the edge!
- 4 For the second part of the activity, see how quickly you can bounce all the popcorn off the parachute.

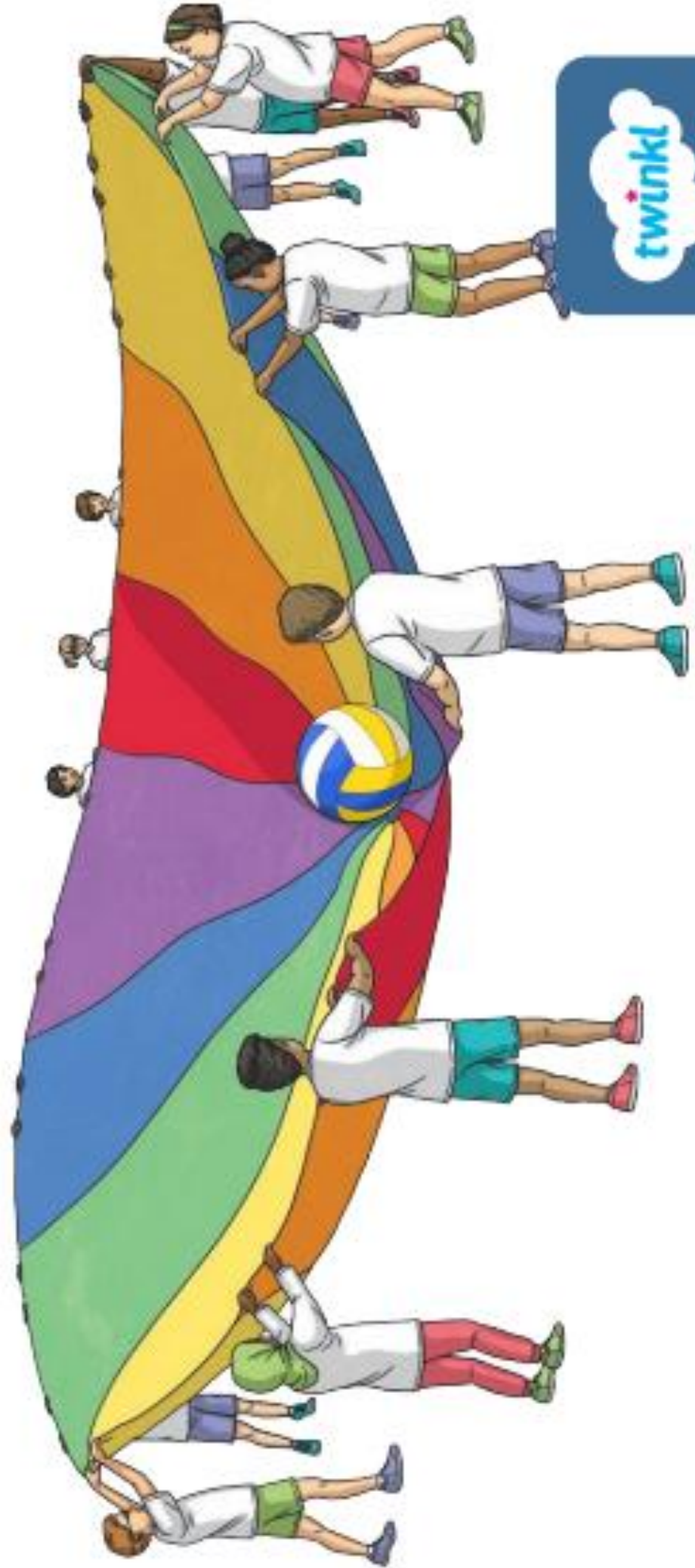


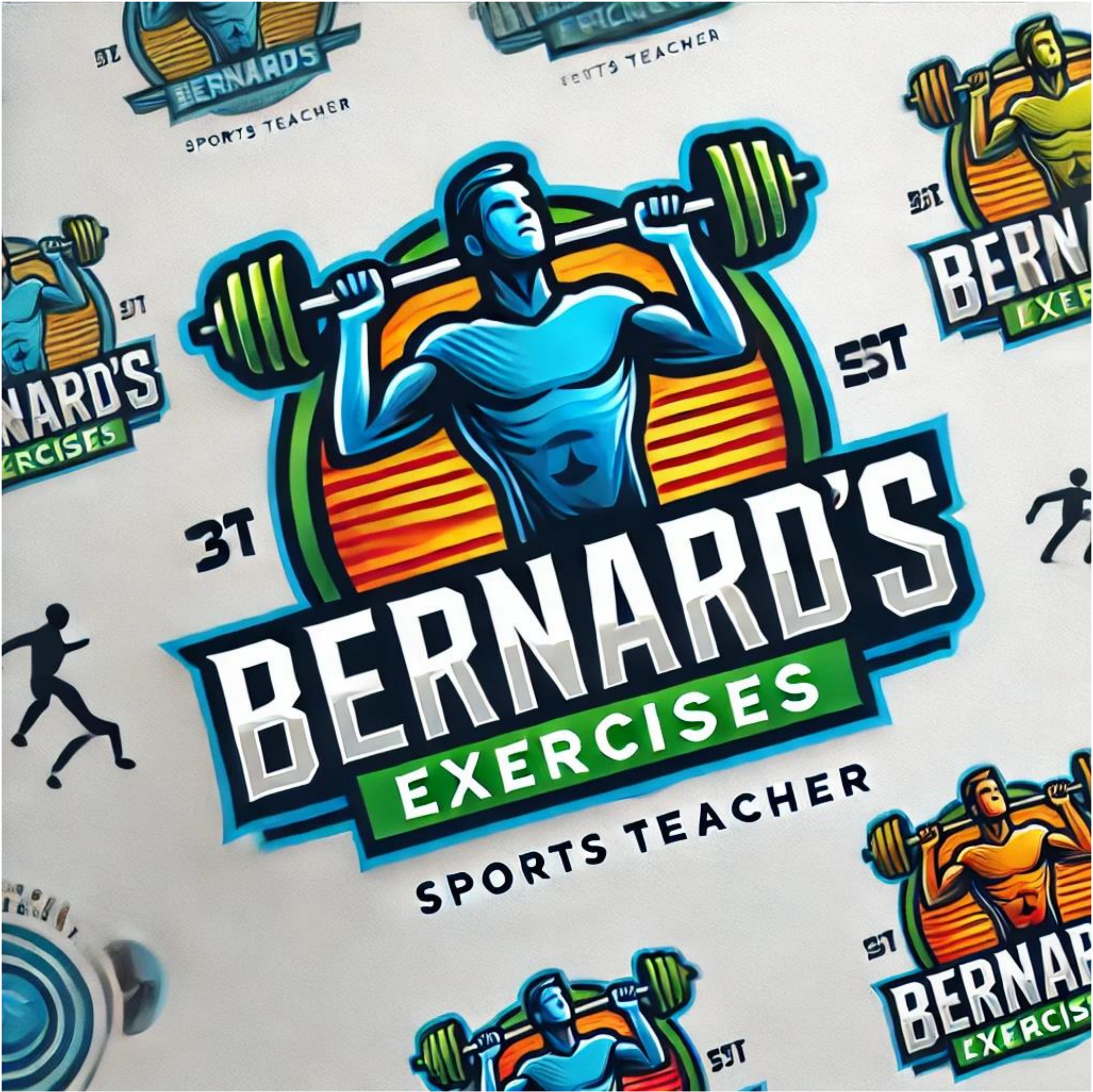


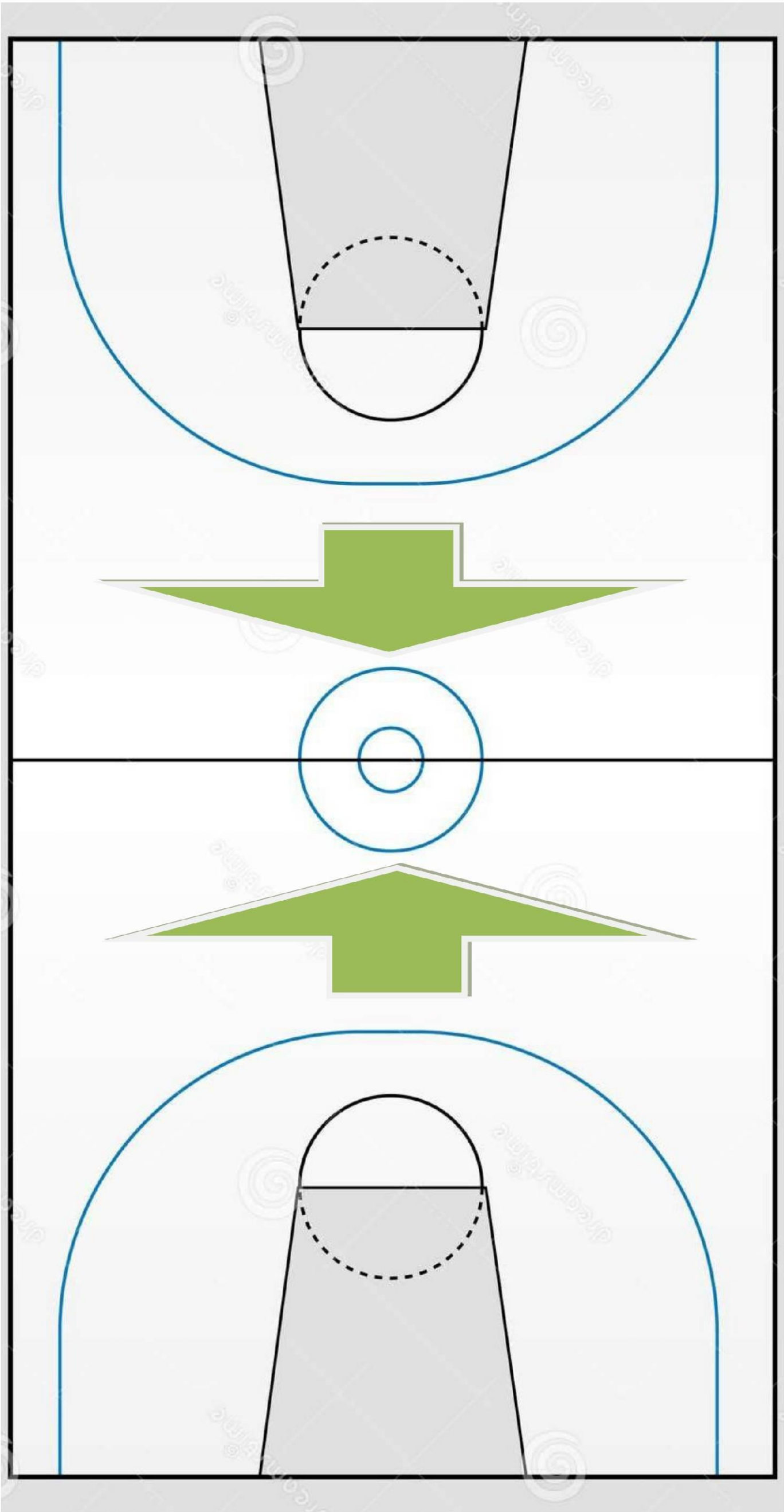
Volleyball

Team Game




- 1 Split into two teams.
- 2 Each team is positioned on one side of the parachute.
- 3 Both teams should try to knock the ball off the opposition's side of the parachute but also stopping it from being knocked off their side.







- 1. Split the class into 2 groups. Give one group frisbees.
- 2. Get the people to pass the frisbee to a person in front of them from the other group.
- 3. Start with the groups close and then ask the groups to take a step backwards each time, slowly getting further away.



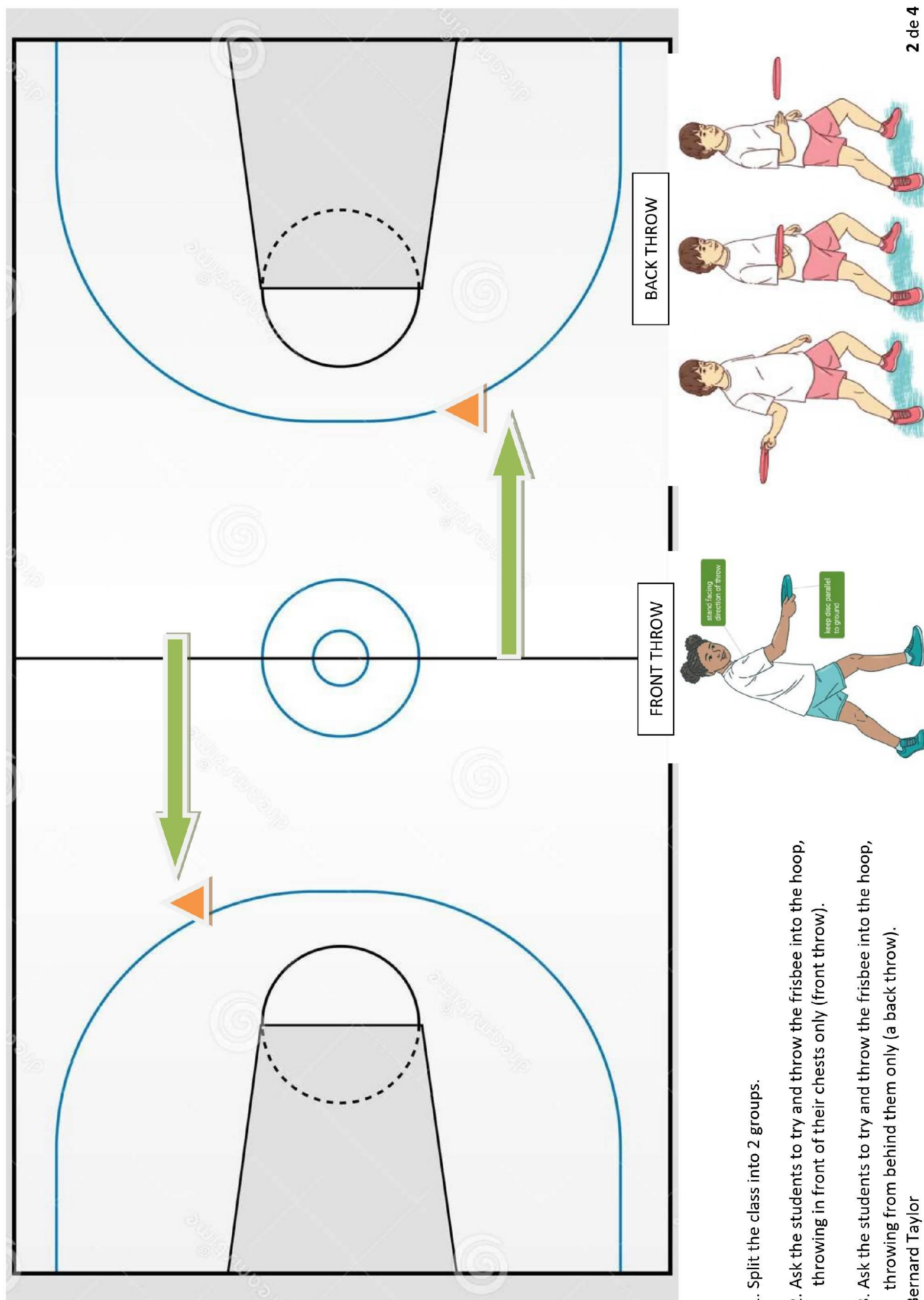
= Students

= Cone

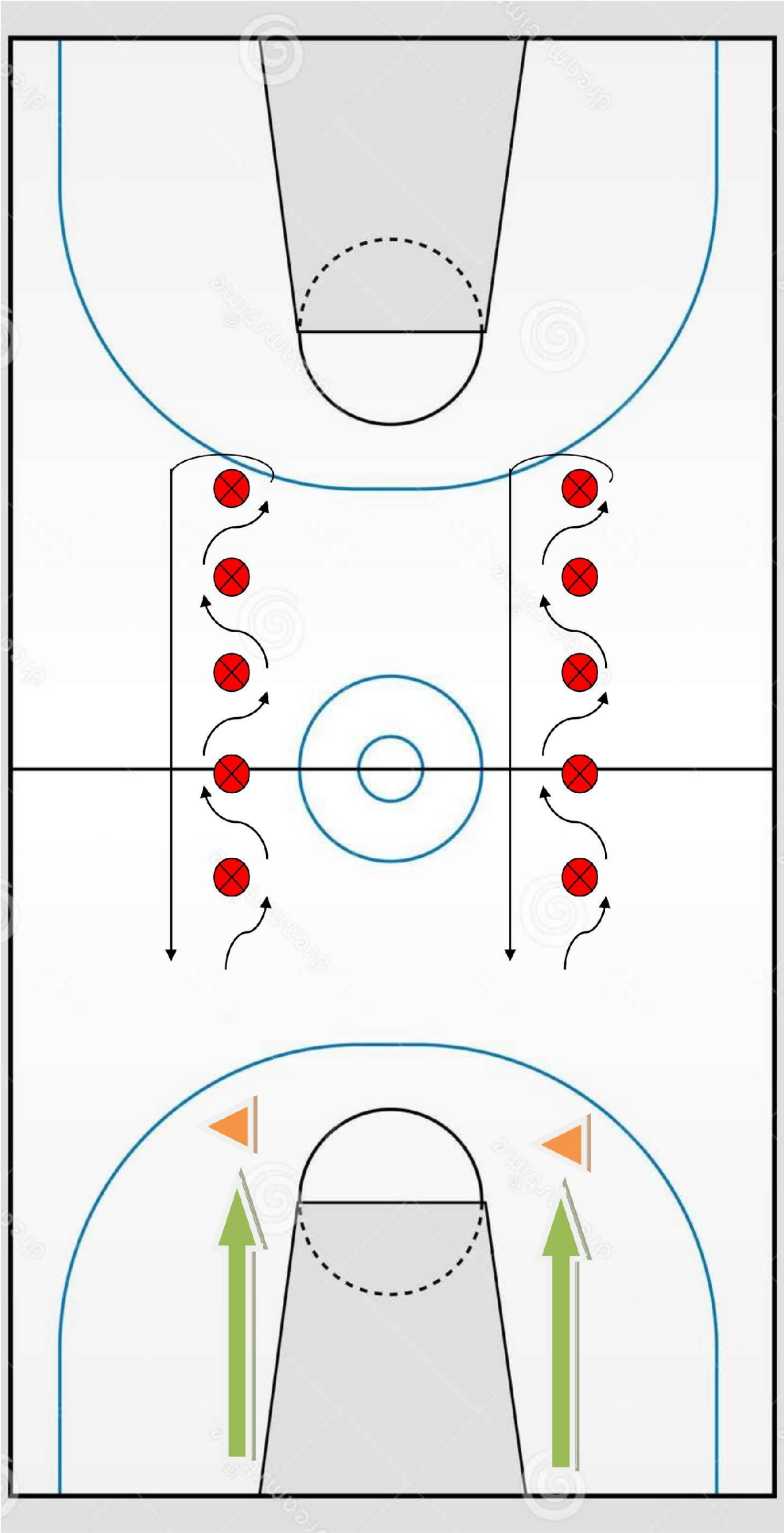
= Hoop

1 de 4









1. Split the class into 2 groups.

2. Count how many people are in each group. Lay down hoops depending on how many people are in the group.

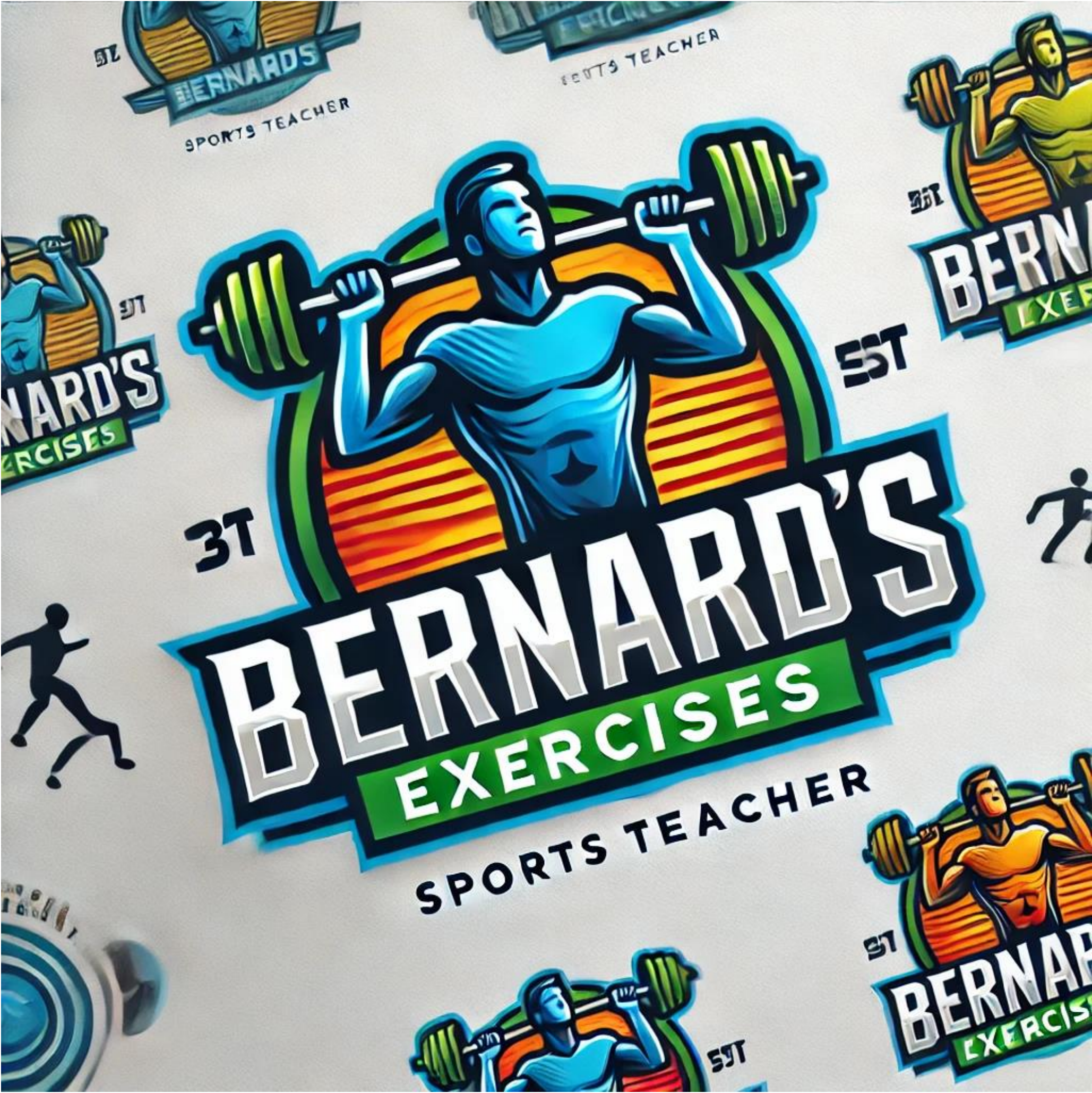
3. This is a race, to see which group will finish first. The first person, will run with the frisbee and put it in the first hoop and run inbetween the other hoops. Once the first person is back to the line, the next person waiting runs to pick up the frisbee and puts it in the second hoop. This pattern continues, until the frisbee is in the last hoop and the last person is back to the group.

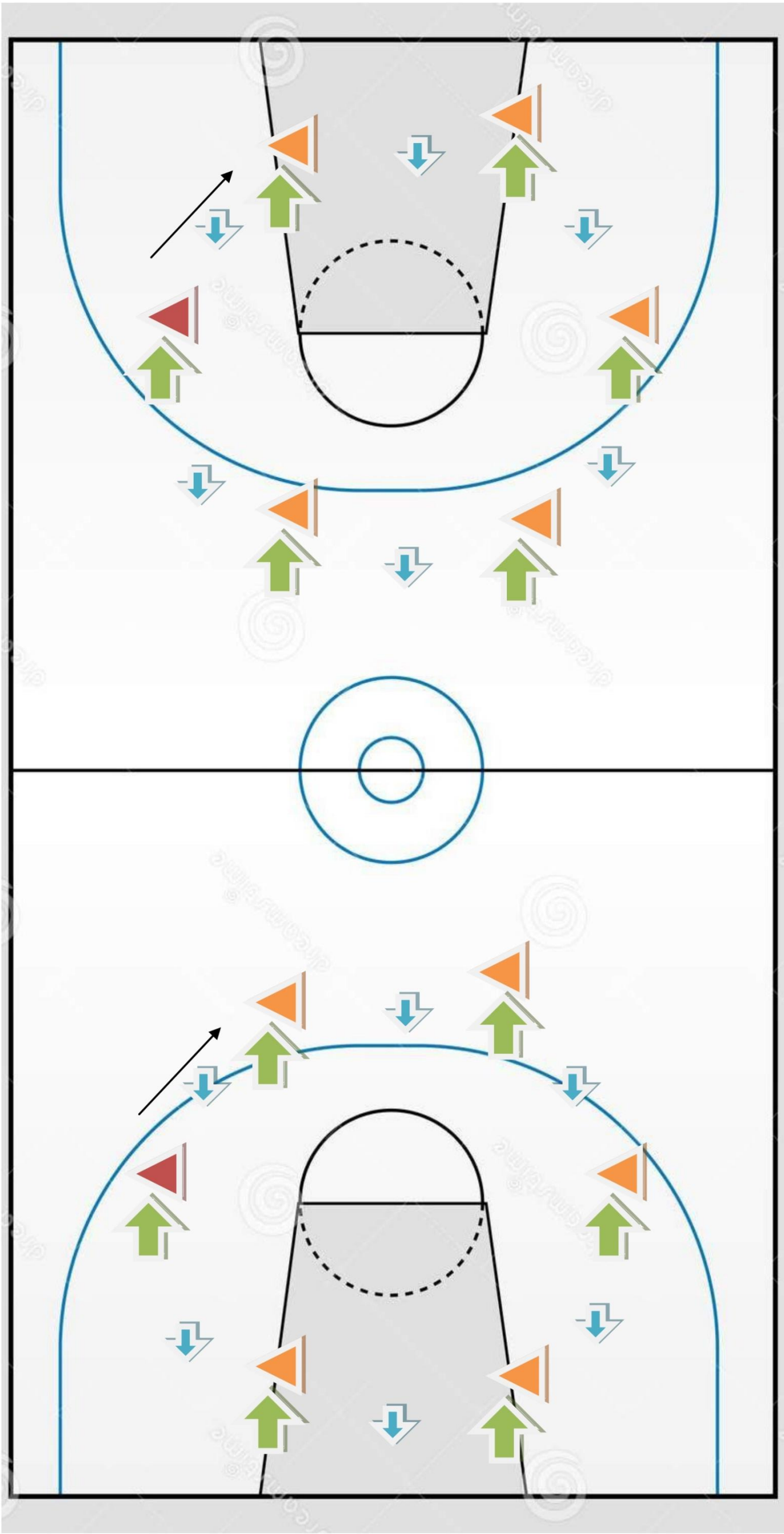
4. The group to complete it first is the winner.

Bernard Taylor

P.E

3 de 4





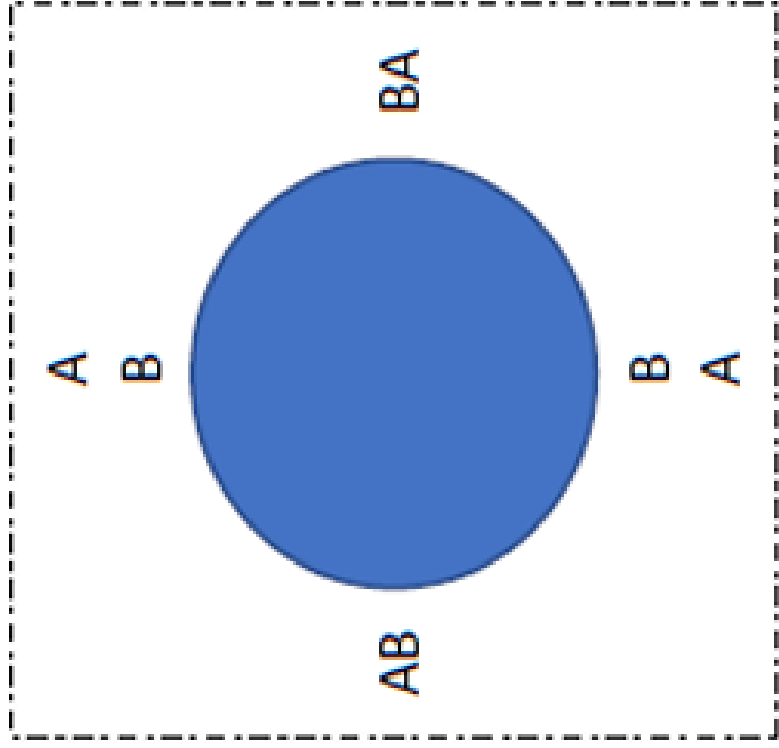
- 1. Split the class into 2 groups.
- 2. Split each group into 2 teams. One team to be attackers and one team defenders.
- 3. Just like rounders or baseball. Get the attacking team to stand beside the cones, throwing the frisbee to their team in a clockwise direction.
- 4. The defending team, have to try and catch the frisbee as it flies from one person to the next.

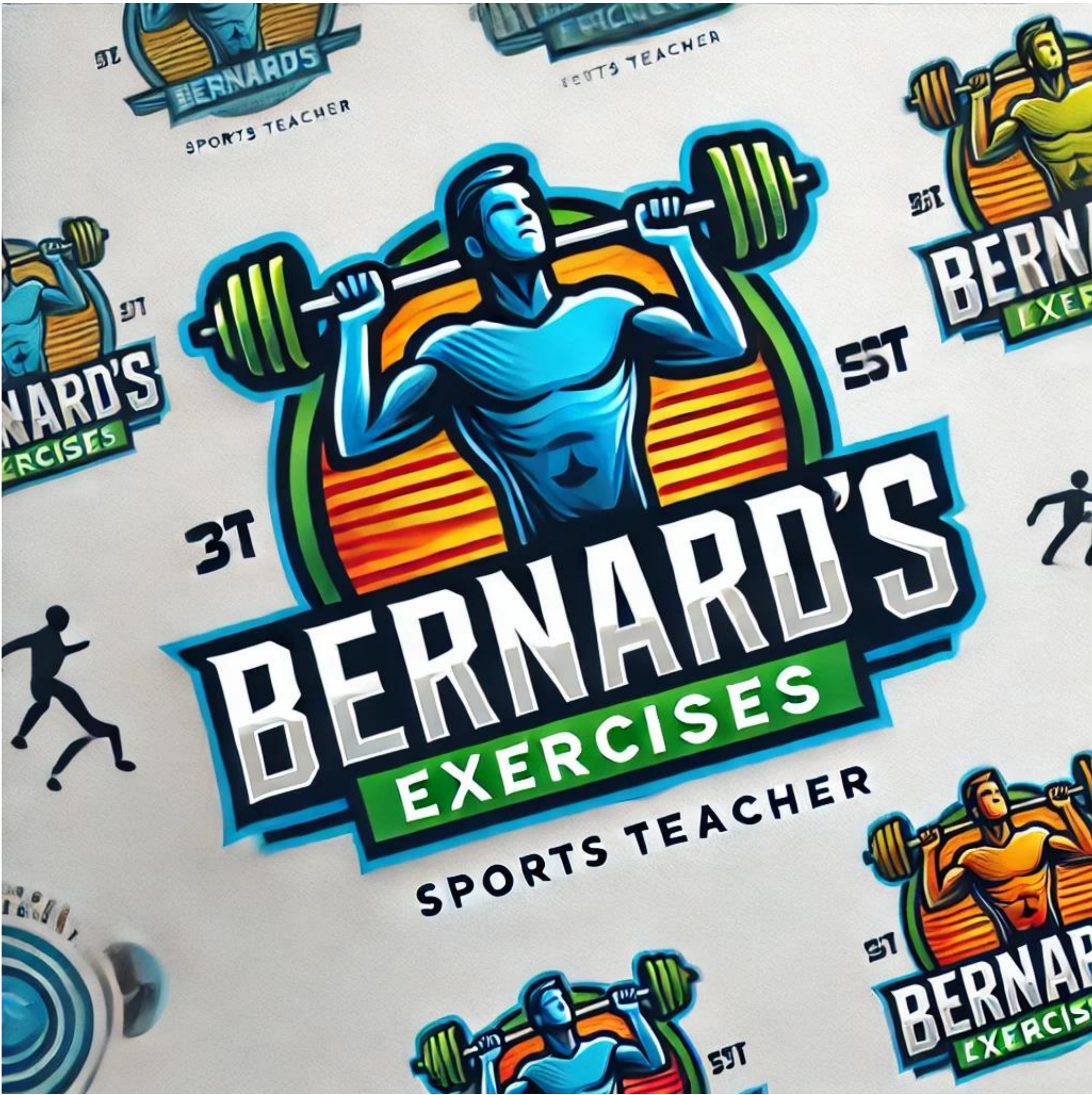


Bernard's Simplified Barn Dance

- Split children into A & B groups
 - Each A finds a B.
 - They are now a couple.
1. **A & B** face each other
 2. **A** on outside of circle
 3. **B** on inside of circle
 4. **A** right hand (RH) to **B** right hand (RH)
 5. **A** left hand (LF) to **B** left hand (LH) so they cross
 6. **A** look right
 7. **B** look left
 8. **A & B** Walk forward for 4 beats
 9. **A & B** Walk backwards for 4 beats
 10. **A & B** Walk away from each other for 2 beats
 11. **A & B** Stop and clap (123)
 12. **A & B** Walk back together and clap against each other (123)
 13. **A** right hand (RH) to **B** right hand (RH)
 14. **A** left hand (LF) to **B** left hand (LH) so they cross
 15. **A & B** Walk forward for 4 beats
 16. **A & B** Walk backwards for 4 beats
 17. **A & B** Spin

Repeat Above.





Bernard's Simplified Eightsome Reel

- Split children into A & B groups
- Each A finds a B.
- They are now a couple.

1. **A & B** face the center of the room
2. Everybody holds hands in a circle
3. Walk Clockwise for 16 beats
4. Walk anticlockwise (reverse) for 16 beats

5. **A's** walk into center with Right Hand (RH) to make a star, until they go back to partner

6. **B's** clap and stand still

7. **B's** walk into center with Left Hand (LH) to make a star, until they go back to partner

8. **A's** clap and stand still

9. **A & B** look at each other

10. **A & B** now "Scottish Set" (skip on the spot with hands in the air) to each other for 4 beats
(123, 123, 123, 123)

11. **A & B** now hold hands and spin, until in original standing positions

12. **A** shakes **B's** right hand (RH)

13. **A's** walk and shake hands clockwise, until they reach original standing positions

14. **B's** walk and shake hands anti-clockwise, until they reach original standing positions

15. Everyone holds hands

Repeat Above.

